And They Also Cook

New Britain, Conn. - Branch of

American Association of University Women

AAUW

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

AAUW promotes equity for women, education and self-development over the life span, and positive societal change.

AAUW is open to all women who hold the baccalaureate or higher degree from a college or university on the AAUW list of qualified institutions.

For information on membership, write to the Membership Office, AAUW, 2401 Virginia Ave., N.W., Washington, DC 20037.

The New Britain College Club, Branch of AAUW, usually meets on the first Monday of the month. Meeting announcements are made in the local paper and interested women are welcome to attend.

Committee Members

Frances Brautigam
Mary Carey
Pearl Carnow
Rosanne Morris
Paula Jean Yukna
Chr. Emilie L. Yukna

Cookbook profits
will be used for
E.F.S. and local
scholarships.

Additional copies
are available.
Contact -

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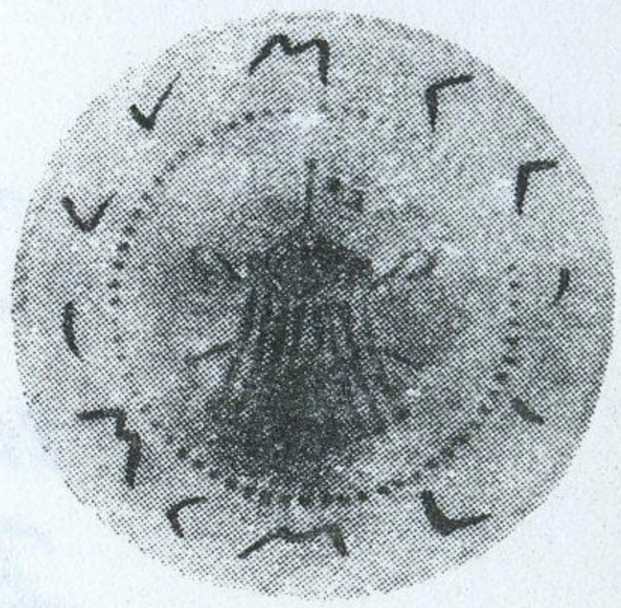
Lady McCrady



Paris. 29 September 1984.

I don't know how to cook.

It's not my mother's fault . . she's a WONDERFUL cook. I was weaned on Haute Cuisine and Perrier by-the-case. That was the early 1950's. But the advice I got was, if you LEARN how to cook, you'll HAVE to. And there were so many other things to do.

I paint. It must be due to the romantic notions I inhaled from The Champagne Of Waters. This is what I believe:

Existence has totally to do with aesthetics. Food in its natural state will keep you in your natural state, aesthetically vital and vigorous.

Life Is Art. We're on a lovely visit to this planet for a certain period of time. Every moment counts.

Cooking is art. Taste, scent, and eye sensation are "plus importante".

Rule # 1: Eat a little bit of each color every day.

Rule # 2: Cook foods as little as possible.

DESTINY JELLO

Buy red, green, yellow, purple and orange jello.

Use glass or Ultra Blue colored bowls.

Boil water. Make the jello, one color per bowl.

Arrange it in your fridge. Move it around when necessary to complement the colors of the food.

Don't Eat It.

Lady McCrady is a painter from West Hartford who has lived in New York since 1976 and whose exhibitions include Tokyo, Sao Paulo, New York and Paris (1985). She was a guest speaker at A.A.U.W. in 1980.

List Your Favorite Recipes Here

Recipes	Page

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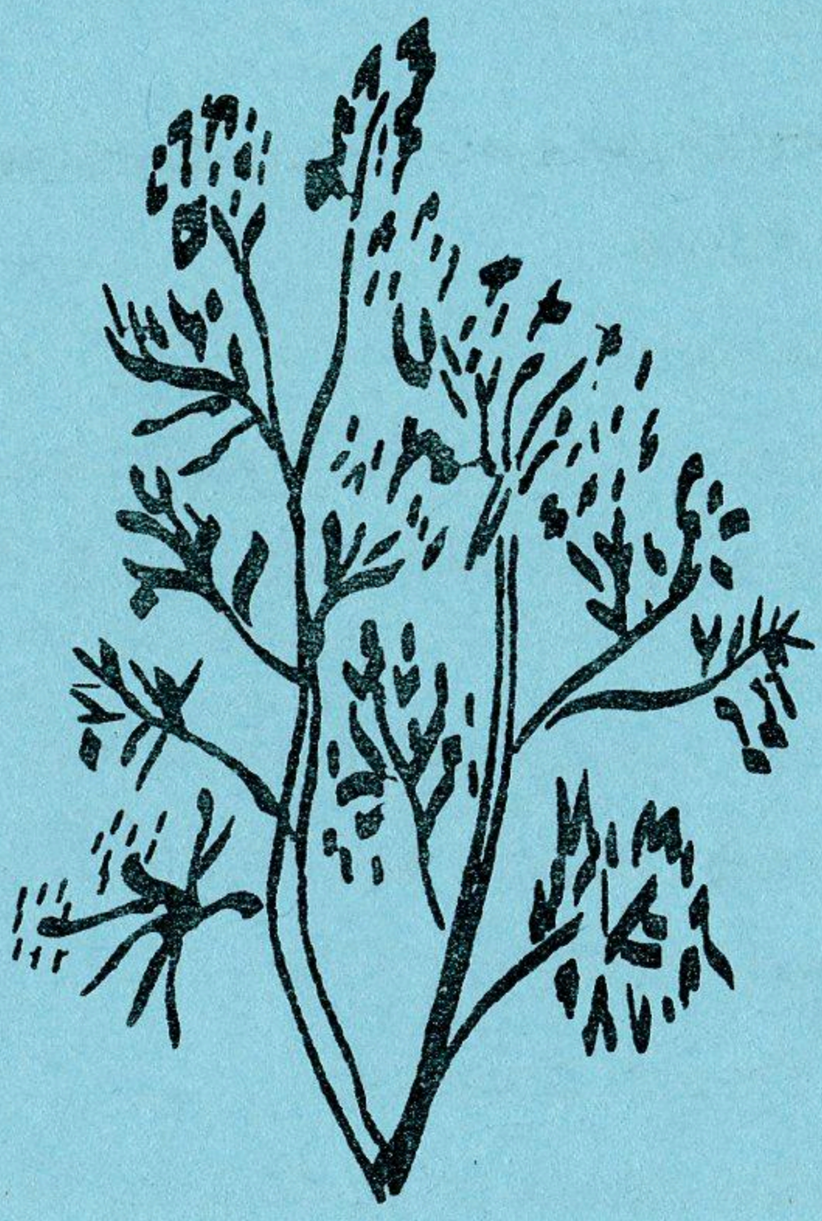
Appetizers

Relishes &

Pickles



Dill -
Anethum
graveolens

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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AFRICAN DIP

1/3 c. crunchy peanut butter
1/4 c. cream cheese
1/2 tsp. Worcestershire sauce
3 Tbsp. catsup or spaghetti sauce
1 tsp. prepared mustard
1 Tbsp. grated horseradish
1/2 tsp. sugar
2 or 3 Tbsp. chopped olives or pickles
dash of Tabasco sauce

Blend all ingredients together. Make as many modifications as you wish. They will all be good! Add a little of this, subtract a little of that. Taste it now and then and have fun. Serve with crackers or celery sticks.

Pauline Alt

30 Apr 94 - Good stuff for Lisa lovers!!

BRAUNSCHWEIGER SPREAD

10 oz. braunschweiger
2 c. sour cream
1 (1 3/8 oz.) pkg. dry onion soup
1/2 tsp. Worcestershire sauce

Mix together and serve with crackers or small party rye. Preparation time: 10 minutes. Serves 25.

The above recipe is fast, easy and delicious. I've found that everyone seems to like it.

United States Rep. Mary Rose Oaker
Ohio

CHICKEN PATE

2 c. chopped cooked chicken
1/2 c. sliced celery
2 Tbsp. dry sherry
2 Tbsp. mayonnaise
1 tsp. lemon juice
3 parsley sprigs
1/4 tsp. salt
1/4 tsp. ground nutmeg
1/2 c. finely chopped almonds, toasted
crackers or party rye bread

Combine chicken, celery, sherry, mayonnaise, lemon juice, parsley, salt, nutmeg and dash of pepper. Process the mixture, half at a time, in blender until

nearly smooth. Shape mixture into a ball. Cover and chill. At serving time, roll the ball in toasted almonds. Serve with crackers or party rye. Makes 2 cups.

United States Rep. Patricia Schroeder

CREAMY CUCUMBER APPETIZERS

1 (8 oz.) pkg. cream cheese
1 pkg. Good Seasons garlic salad dressing mix
thin cucumber slices
1 loaf party-size pumpernickel bread

Soften cream cheese and add powdered salad dressing; mix well. Spread on pumpernickel slices and top with cucumber.

This is easy to make and is always a big hit at gatherings.

United States Rep. Lynn M. Martin
Illinois

CURRIED CHICKEN BALLS

8 oz. cream cheese, softened and creamed
2 c. cooked chicken, chopped
1 1/2 c. blanched almonds, chopped
4 Tbsp. mayonnaise
3 Tbsp. chutney, chopped
1 tsp. salt
2 tsp. curry powder

Mix all ingredients together well and shape into walnut-size balls. Roll each ball in coconut which is grated or flaked. Chill until ready to serve.

Makes 5 dozen.

Emilie L. Yukna

CURRIED MAYONNAISE - VEGETABLE DIP

1 1/2 tsp. curry powder
2 c. mayonnaise

Blend curry powder thoroughly into mayonnaise.

Sandra Lazorick

DILL DIP

1 large container cottage cheese
1 stick butter, softened

1 large pkg. cream cheese, softened
salt to taste (if desired)
1 large bunch fresh dill, finely chopped (about 2-3 c.)

With a mixer, cream butter and cream cheese; add dill. On slow speed, add cottage cheese. Add salt if desired. Refrigerate and use with crackers, chips or vegetables.

Rosanne Morris

ELEGANT BUT EASY CHAFING DISH MEATBALLS

2 lb. ground meat
1 slightly beaten egg
1 large grated onion
salt to taste
1 (12 oz.) bottle chili sauce
juice of 1 lemon
1 (10 oz.) jar grape jelly

Mix meat, egg, onion and salt; shape into small balls, 50-60. Drop into sauce made of chili sauce, lemon juice and jelly. Simmer until brown. Refrigerate or freeze. To serve, bring to room temperature. Reheat in chafing dish and serve with cocktail picks.

Paula Jean Yukna

FIESTA BREAD
(Quick, Hot Hors d'Oeuvre)

1 c. shredded cheese (Cheddar or Mozzarella)
1/2 c. catsup
1/3 c. chopped onion
1/3 c. chopped green pepper
1/3 c. chopped black olives
1/4 c. butter
1 loaf French bread

Mix all ingredients (except bread, of course) in a medium-sized bowl. Split French bread in half lengthwise. Spread filling generously on bread halves. Wrap each half loosely with foil. Bake at 350° for 10 minutes. Slice and serve while still hot.

Irene Favreau
Connecticut State Representative
24th District

FRUIT OF THE SEA DIP

1 c. mayonnaise
6 Tbsp. chili sauce

1 tsp. grated onion
1 Tbsp. Worcestershire sauce
1 1/2 Tbsp. lemon juice
2 Tbsp. pickle relish
2 Tbsp. catsup
2 Tbsp. heavy cream
1 lb. finely cut-up cooked shrimp

Mix all ingredients except shrimp together well. Then add the shrimp and refrigerate. Best if made the day ahead. Serve with crackers or potato chips.

Emilie L. Yukna

HERBED TOAST

1/2 lb. softened butter or margarine
1 1/2 tsp. basil
1 1/2 tsp. oregano
1 1/2 tsp. thyme
1 1/2 tsp. dried chives
1 Tbsp. parsley flakes
pinch of garlic powder (optional)

To softened butter, add rest of ingredients. Spread on slices of very thin sliced bread to the edges. Cut in diagonals. Arrange on sheets. Bake at 250° until brown, 35-45 minutes. Watch! Lovely with soup, tea or hors d'oeuvres.

Faith Benson

HORSERADISH CREAM CHEESE

1 1/2 Tbsp. horseradish
1 large pkg. softened cream cheese
thin-sliced roast beef

Blend horseradish into softened cream cheese. Spread on thin-sliced roast beef. Roll and cut into 1-inch pieces. Serve on toothpicks.

Sandra Lazorick

LILY DEMORE'S SPINACH BALLS

2 (10 oz.) pkg. frozen spinach
1 1/2 c. herb stuffing mix
3 eggs, beaten
1/2 c. coarsely grated Cheddar cheese
1/2 c. coarsely grated Parmesan cheese
3/4 c. butter
salt and pepper to taste

Cook and drain spinach. Mix with rest of ingredients. Chill 2 hours or more. Form into 60 balls. Bake at 350° for 15 minutes. Put strip of pimiento on top.

Mary Carey

MEXICAN LAYERED DIP

2 cans spicy jalapeno bean dip
3 ripe avocados, mashed with lemon juice, salt and pepper
1 large container sour cream, combined with 1 pkg. taco seasoning mix
3 tomatoes, chopped
1 large bunch green onions, chopped and combined with 1 can Ortega green chile salsa (mild)
8 oz. or more Cheddar or Monterey Jack cheese, shredded

Spread bean dip in large shallow serving platter. Top with the spicy jalapeno bean dip, then avocado mixture, sour cream mixture, tomatoes, green onion mixture and cheese. Serve chilled or at room temperature with sturdy tortilla chips.

United States Rep. Barbara Boxer
6th District, California

MYSTERY CHEESE BALL

2 lb. Old English cheese
1 (5 oz.) jar Bleu cheese spread
8 oz. cream cheese

Leave at room temperature and then whirl in the electric mixer. Shape into 3 or 4 large balls. Roll each ball in chopped walnuts or pecans. Refrigerate or freeze. Serve at room temperature with crackers.

Emilie L. Yukna

RICE KRISPIE BALLS

2 sticks margarine or butter
8 oz. sharp grated cheeses
2 c. flour
2 c. Rice Krispies
dash of salt
dash of cayenne pepper
dash of garlic

Shape into small balls and flatten with fork. Bake at 350° until brown. Serve as hors d'oeuvres.

Mary Biondi

RICH MADISON APPETIZER

1 can artichoke hearts (large), chopped
1 c. Hellmann's mayonnaise (8 oz.)
1/2 c. Parmesan cheese

Mix artichokes, mayonnaise and 1/4 cup cheese. Place in ovenproof dish and top with remaining cheese. Bake at 350° for 20 minutes. Serve with crackers or celery.

CT State AAUW Recording Secretary
Charleen Sessions
Bridgeport AAUW

RYE BREAD DIP

1 large round loaf rye, pumpernickel or sourdough bread
2 c. sour cream
2 c. mayonnaise
4 Tbsp. parsley flakes
4 Tbsp. onion flakes
4 Tbsp. dill weed or seed
4 Tbsp. Beau Monde seasoning

Mix all ingredients together and chill. Cut off top of bread and hollow out, leaving a 1-inch thick bowl. Put dip in bread. Cut the bread that's left into bite-size pieces. Later, you can even use the bowl of bread to eat.

Peggy Booth

SHRIMP IN WHISKEY SAUCE

6 Tbsp. soy sauce
1/4 c. Scotch whiskey
3 Tbsp. honey
1 clove garlic, crushed
2 dashes white pepper
1 lb. shrimp, cooked for 3 minutes

Combine all ingredients except shrimp and mix well. The sauce will be thin. Chill sauce, covered. Chill cooked shrimp. Arrange shrimp in a glass bowl lined with lettuce; spoon sauce over shrimp. (You

can also marinate cooked shrimp in sauce while refrigerated.) Use as hors d'oeuvre or main dish.

Mary Carey

SPICY TOMATO JUICE

1 large can vegetable juice
2 c. orange juice
1/2 c. lemon juice
2 Tbsp. Angostura Bloody Mary maker or 2 Tbsp. Worcestershire sauce
10 drops hot pepper sauce
1 tsp. celery salt

Mix all together and pour over ice.

Note: Add 2 cups vodka to make Bloody Mary drink.

CT Rep. Elsie "Biz" Swensson
13th District

SIMPLE RUMAKI
(Appetizer; Microwave Recipe)

1/2 lb. bacon
1 can water chestnuts
teriyaki sauce

Cut strips of bacon in halves. Wrap 1 bacon piece around 1 water chestnut and secure it with a wooden pick. Sprinkle with teriyaki sauce. Arrange in circle on microwave rack in baking dish or 9-inch pie plate. Cover with waxed paper and microwave on high 4 minutes. Rotate dish 1/4 turn; microwave until bacon is crisp, 4-6 minutes longer. Drain on paper towel.

Peggy Booth

SWEDISH GLUG
(A Christmas Must)

3 qt. Port wine
peels of 2 oranges
1/2 box raisins
1/8 box apricots or 1 c. apricot brandy
1/2 box prunes
3-4 sticks cinnamon
2 whole ginger or 1 tsp. ginger powder
10-12 cloves (bud removed)
10 cardamon seeds or to taste
1 c. almonds
1 1/2 c. sugar
1 can beer
1 bottle vodka (optional)

Mix the fruit, spices and nuts into the wine. Heat, but do not boil. Simmer for an hour. Add the beer and vodka (optional) last and light the mixture with a long match. To remove alcohol content, let it burn. If a strong drink is preferred, cover the large pan immediately after it flames.

Glug is served in very small amounts, very warm.

CT Rep. Elsie "Biz" Swensson

TASTY DIP

1 pt. sour cream
1 pt. mayonnaise
2 Tbsp. parsley
2 Tbsp. chopped onion
2 Tbsp. Accent
2 Tbsp. dill weed

Mix and fill 1 round scooped-out loaf rye bread. Delicious served with a variety of fresh vegetables. For example, celery and carrot sticks, radishes, green pepper strips, cauliflower and broccoli.

Charlotte Emery

TOASTED MUSHROOM ROLLS

1 lb. mushrooms
1/2 c. butter
5-6 tsp. flour
1 1/4 tsp. salt
1/2 tsp. monosodium glutamate (optional)
2 c. light cream
4 tsp. minced chives
1 tsp. lemon juice
2 family-size loaves sliced fresh white bread

Clean and chop fine mushrooms. Saute 5 minutes in butter. Blend in flour, salt and m.s.g. Stir in light cream. Cook until thick. Add chives and lemon juice. Remove crust from bread and roll slices thin. Spread with mixture, roll up and cut in half. Toast on all sides in 400° oven. Serve hot.

Freezing: Pack well after cutting in half. Toast when ready to use without defrosting.

Note: I use the cheapest thin-sliced bread.

Mary Carey

TUNA BALLS

1 (7 oz.) can tuna, well drained and flaked
1/4 c. mayonnaise

1 tsp. grated onion
1 Tbsp. finely minced celery
1 tsp. lemon juice
19 crushed Ritz crackers

Save 1/2 cup of cracker crumbs. Combine rest with other ingredients. Shape into balls and roll in crumbs to coat. Makes about 20.

Mary Biondi

CHERRIED CRANBERRIES

4 c. cranberries
2 c. sugar
1 c. water
1/2 tsp. salt
1/4 tsp. soda

Mix in large kettle and bring to boil. Put on cover and boil gently 15 minutes. Let stand without removing the cover until stone cold. Put in sterilized glasses and seal.

Marge Tuttle

CRANBERRY CHUTNEY A LA JULIA CHILD

1 c. onion, sliced
1 c. water
1/2 c. white sugar
3/4 c. brown sugar
2 chopped apples
1/2 c. cider vinegar
1/2 tsp. salt
1 tsp. ginger
1 tsp. mace
1 tsp. ginger, grated
2 grated orange rinds
1/4 c. cranberries or more
1/4 c. ground nuts (optional)
1/2 c. black currant raisins

Boil 1/2 hour until soft the onion, water and sugars. Add apples through orange rinds and boil 1/2 hour more. Add cranberries, optional nuts and raisins. Cook at simmer just until berries burst. Chill to serve. Good with turkey.

Emilie L. Yukna

POTTSVILLE PICKLE

3 pt. green tomatoes, chopped
3 pt. ripe tomatoes, chopped
4 pt. cabbage, cut fine
1 bunch celery, cut fine
4 onions, chopped
6 red peppers (3 hot and 3 sweet), chopped fine

1/2 c. salt
1 pkg. white mustard seed
1 tsp. cloves
1 tsp. cinnamon
sugar
vinegar

Put tomatoes, cabbage, celery, onions and peppers in pot with salt; let stand overnight. Drain and add equal parts of vinegar and sugar to cover (3-4 cups of each). Add mustard seed, cloves and cinnamon. Boil 15-20 minutes. Ladle into sterilized jars and seal.

Marge Tuttle's grandmother's recipe

GREEN TOMATO MINCEMEAT

4 qt. green tomatoes
4 qt. apples
2 lb. brown sugar
1 lb. seeded raisins
1/2 lb. chopped citron
1 large c. chopped suet
1/2 c. vinegar
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg

Chop fine the tomatoes and apples; drain all juice. Cover with cold water and let come to a boil for 30 minutes; drain. Add the sugar, raisins, citron, suet and vinegar. Stir and cook until thick. Add spices. Put in glass jars; seal. Mixture is ready for pies or tarts.

Marge Tuttle's grandmother

PUMPKIN JAM

5 lb. pumpkin
1 lb. raisins
1 lb. dried apricots, washed and cut into strips
2 1/2 lb. sugar (4 1/2 c. plus 1 Tbsp.)

Pare pumpkin. Remove seeds and cut pulp into cubes. Add sugar; stir well and allow to stand overnight. Next morning, add apricots and raisins. Cook slowly, stirring often, until pumpkin is tender and clear. One-half lemon, sliced thinly, may be added. Pour into jars and seal.

Helen Argazzi

TOMATO RELISH

6 tomatoes, peeled and diced
1 onion, peeled and minced
1 rib celery, minced
1 green pepper, minced
2-4 green chillies, chopped
3 Tbsp. wine vinegar
1/2 tsp. oregano
1 1/2 tsp. cumin seed, crushed
1/2 tsp. ground cumin

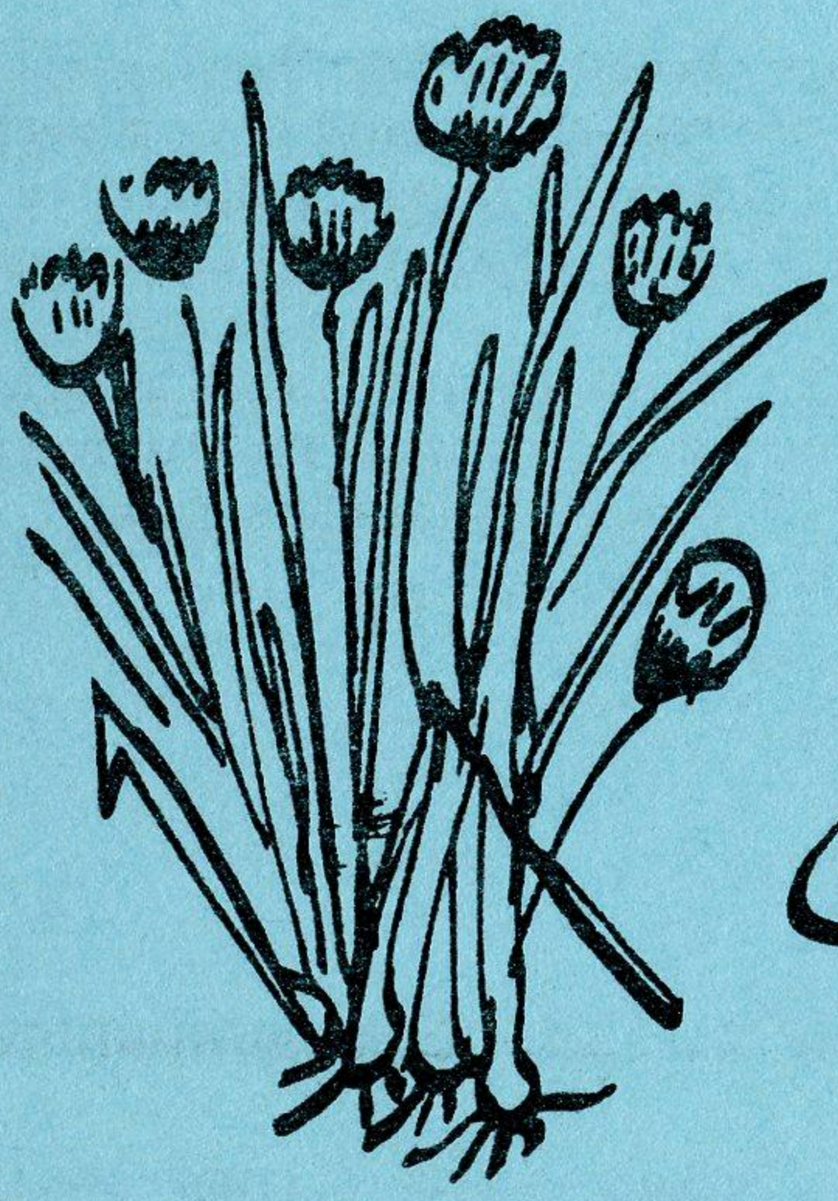
Stir together and chill 24 hours.

Beverly B. Byron
House of Representatives
6th District, Maryland

** EXTRA RECIPES **

** EXTRA RECIPES **

Soups
Salads &
Sauces



Chives -
allium
schoenoprasum

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

BROCCOLI SOUP

1 (10 oz.) pkg. frozen chopped broccoli
2/3 c. chopped carrots
1 c. chicken broth
3/4 c. chopped onion
1 Tbsp. oleo or butter
1/2 tsp. rosemary
1/2 tsp. salt
3/4 c. chopped celery, destrung
1/2 c. chicken broth
1 c. half and half
1/2 tsp. salt
1/4 tsp. fresh lemon

Cook the broccoli and carrots in the 1 cup broth over medium heat for 15 minutes or until done. Saute onion and celery in butter until golden. Place both mixtures in a blender and add the salt and rosemary. Blend very well. Return to saucepan; add the last 4 ingredients. Heat thoroughly over low heat. Adjust seasonings to taste. Serve hot or cold.

Yield: 1 quart.

Fran Brautigam

BROCCOLI, ZUCCHINI OR CUCUMBER SOUP

1 1/2 lb. or 2 (10 oz.) pkg. broccoli, zucchini or cucumber
2 (13 3/4 oz.) cans chicken broth
1 onion, cut up
2 Tbsp. margarine
1 tsp. salt
1/2-1 tsp. curry (to taste)
pepper

If cold, add sour cream and chives. Simmer broccoli or vegetable for 20 minutes, then put into blender in convenient amounts. Add 1 tablespoon lemon juice.

Mary Biondi

COLD CARROT SOUP

2 pkg. carrots
1 c. chicken stock
1 Tbsp. curry
1 Tbsp. oregano, chopped fresh
1 Tbsp. coriander, chopped fresh
1 c. cream

Cook the carrots and pour off half of the water.

Put the carrots in blender. Add the rest of the ingredients and chill.

Beverly B. Byron
House of Representatives
6th District, Maryland

COLD RASPBERRY SOUP

2 c. raspberries
1/2 c. sugar
1/2 c. sour cream
2 c. water
1/2 c. red wine

Blend raspberries, sugar and sour cream. Stir in water and red wine. Chill. Serves 4-5.

Helen Z. Pearl

COOL SUMMER SOUP

1 cucumber
1 green pepper
1/4 c. onion, chopped
1 small clove garlic
1 Tbsp. oil
1 Tbsp. lemon juice
1 c. beef bouillon
1 tsp. tarragon
sprigs of parsley for garnish

Cut cucumber and green pepper into pieces. Blend together all ingredients in a blender until smooth. Chill in refrigerator. Serve cold; garnish with parsley.

Makes 8 small servings.

Carol O. Peterson

EASY AND LOWFAT CREAM OF BROCCOLI SOUP

1 large can evaporated skim milk
1 (8 oz.) can or home-made chicken broth
broccoli pieces (save left-over stems when cleaning and freeze until ready to make soup)
pepper

Steam broccoli until tender. Place in a blender with milk and chicken broth; blend until smooth. You may have to do this in stages, depending on size of blender and broccoli pieces. Heat mixture over medium heat and season with pepper. Serve hot or cold.

You can use almost any vegetable. Try zucchini or cauliflower.

Paula Jean Yukna

EASY TURKEY SOUP

meat from turkey bones
2 carrots, grated
2 ribs celery, chopped
1 envelope Lipton chicken noodle soup
1 envelope Lipton onion soup

Cover turkey bones with water and boil 1 hour. Take the meat off the bones. Add the carrots, celery and envelopes of soup mix. Add at least 1 quart of the water in which turkey was boiled. More water can be added if desired. Simmer 20 minutes or more.

A delicious way to use the last of the turkey.

Peggy Booth

FRESH TOMATO SOUP

1 onion, chopped
1/4 c. butter
2 Tbsp. oil
2 lb. ripe tomatoes, cored and diced
1 (10 3/4 oz.) can condensed chicken broth (undiluted)
1 tsp. basil
1/2 tsp. dry thyme
2 tsp. sugar
2 Tbsp. cornstarch
3 Tbsp. water
1/2 c. heavy cream
salt and pepper

Saute onion in butter and oil until onion is transparent. Add tomatoes, chicken broth, basil, thyme and sugar. Heat to boiling. Reduce heat, cover and simmer for 30 minutes. Press soup through fine sieve, discarding seeds and skin. Mix cornstarch and water until smooth. Stir into soup; heat to boiling and let boil 1 minute. Stir in cream. Season with salt and pepper and serve.

Helen Argazzi

HAMBURGER SOUP/STEW

2 sausages (optional)
1 lb. hamburger
2 medium onions
1 (35 oz.) can tomatoes
1 (8 oz.) can tomato sauce
3 c. water
3 bouillon cubes, dissolved in 3 c. boiling water
1 c. small pasta (uncooked; elbows)

Fry meat and onions. Add rest of ingredients.

Season to taste with garlic powder, salt (optional), pepper and basil. Freezes well.

Bea Litsky

JAMAICAN CARROT SOUP

3 c. chicken stock (or beef and chicken)
5 large carrots, peeled and sliced
1/8 tsp. nutmeg
1 medium onion, diced
1 clove garlic, minced
1 Tbsp. peanut butter
1 tsp. Worcestershire sauce
1 dash liquid hot pepper
salt and pepper to taste
parsley or diced red-skinned apple for garnish

Simmer all ingredients until vegetables are very tender; cool slightly. Puree in blender. Reheat and serve with garnish. Yield: 8 half cups.

Fran Brautigam

LENTIL SOUP

1 c. dried lentils
1 Tbsp. salt
1/2 tsp. dried thyme
1/2 tsp. dried marjoram
4 large onions, chopped
4 carrots, cubed
1/4 c. salad oil
1/4 c. chopped parsley
2 fresh or canned tomatoes
1/4 c. dry sherry
1/4 c. grated Swiss or Gruyere cheese

Wash lentils. In 4-quart kettle, combine lentils and 4 cups water; let stand 1 hour. Add salt, thyme and marjoram. Bring to boil. Reduce heat, cover and simmer 1 hour.

Meanwhile, slowly cook onions and carrots in hot oil until soft, about 10-15 minutes. Add to lentils with parsley, tomatoes and sherry. Simmer, covered, about 1 hour. To serve, sprinkle cheese over top or put 1 or 2 tablespoons of cheese in each bowl and spoon the soup over top. Yield: 8-10 servings.

Fran Brautigam

ONION CHEESE SOUP

1 1/2 large onions, chopped
3 Tbsp. butter
3 Tbsp. flour
1/2 tsp. salt
dash of pepper

4 c. milk

1 1/2 c. shredded American sharp cheese

Saute onion in butter until tender. Blend in flour and seasonings. Add the milk and stir until thick. Remove from heat and add shredded cheese, stirring until cheese is melted. Serves 6.

Helen Argazzi

PORTUGUESE BEAN SOUP

1 lb. Portuguese sausage, sliced
1 large carrot, sliced
2 potatoes, sliced
1 (8 oz.) can tomato sauce
2 (15 oz.) cans kidney beans, drained
1 head (2 lb.) cabbage, chopped
1 clove garlic, chopped
1 small onion, chopped
1 qt. water
1 tsp. salt

In large pot, combine all ingredients except cabbage and beans. Bring to boil and simmer 20 minutes, covered. Add beans and cabbage. Simmer for 20 more minutes. Makes 4 quarts.

Fran Brautigam

SAUERKRAUT SOUP
(Ukranian Christmas Eve Dish, the Easy Way)

1 can sauerkraut
salt and pepper
2 bay leaves
1 onion, diced
1 stick butter
1 can Campbell's pea soup

Rinse and drain sauerkraut. Cover with water; add salt and pepper to taste and bay leaves. Bring to a boil, reduce heat and simmer, uncovered. Saute onion until brown in the butter. Add to simmering sauerkraut and simmer 1/2 hour longer. Add pea soup. Bring to a boil and serve.

You can make your own pea soup.

Sandra Lazorick

CHICKEN SALAD

1 chicken, cut up
1/4 c. water chestnuts, sliced
1/2 lb. green grapes, halved

1/2 c. chopped celery
1/2 c. toasted slivered almonds
lettuce
3/4 c. mayonnaise
1 tsp. curry powder
2 tsp. soy sauce
2 tsp. lemon juice
1 (8 oz.) can pineapple chunks, drained

Put chicken in large saucepan with 3 cups water. Add salt and pepper. Bring to a boil, lower heat and cover. Simmer 45 minutes or until chicken is tender; drain. Bone; cut meat into bite-size pieces. This will be about 2 cups.

Combine chicken, water chestnuts, grapes, celery and 1/4 cup almonds in large bowl. Mix mayonnaise, curry powder, soy sauce and lemon juice. Pour over chicken. Toss lightly to mix. Chill several hours. Serve on nest of lettuce. Sprinkle with remaining almonds. Garnish with pineapple chunks.

Lorraine Semnoski

CRANBERRY MOLD SALAD

1 (3 oz.) pkg. raspberry jello
1 c. hot water
1/2 c. cold water
1 orange, cut up fine
1/2 c. crushed pineapple (drain well)
1 can whole cranberry
1/2 c. chopped fine walnuts

Dissolve jello in hot water; add cold water and let stand. Add orange, pineapple, cranberry and nuts to jello; mix well. Pour into a mold and let stand in refrigerator at least 5 hours.

Mary M. Carey

CRANBERRY SOUFFLE SALAD

1 envelope unflavored gelatin
2 tsp. sugar
1 tsp. salt
1 c. hot water
1/2 c. mayonnaise
2 tsp. lemon juice
1 tsp. grated lemon rind
1 (1 lb.) can whole cranberry sauce
1 orange or apple, peeled and diced or 1 (8 1/2 oz.) can pineapple tidbits
1/4 c. chopped walnuts

Mix gelatin with sugar and salt. Add hot water; stir until dissolved. Add mayonnaise, lemon juice and

rind. Blend with rotary beater and chill until firm 1 inch from edge, but soft in center. Beat until fluffy. Fold in the cranberry sauce, fruit and walnuts. Pour into mold.

Fran Brautigam

DIFFERENT CHICKEN SALAD

4 c. chicken or turkey, chopped in bite-size pieces
1 c. fennel, sliced
1 c. onion, sliced
1 c. red peppers, sliced
1 c. white radishes or turnip, sliced
1 c. mayonnaise
2 Tbsp. low-salt soy sauce
2 Tbsp. sweet vinegar (raspberry, cider)
1 Tbsp. Dijon mustard
2 tsp. sugar
2 tsp. grated fresh ginger
1 tsp. grated elephant garlic or 1/4 tsp. regular garlic
1 tsp. lime juice
1/2 tsp. white pepper
1/4 tsp. 5-spice powder (oriental store)

Put chicken, sliced fennel, onion, red peppers and radishes in bowl. Mix together mayonnaise, soy sauce, vinegar, mustard, sugar, ginger, garlic, lime juice, white pepper and 5-spice powder until creamy. Pour over ingredients in bowl and mix or toss well to coat all.

Emilie L. Yukna

GINGER APPLE SALAD

crisp red apples
celery
lettuce
mayonnaise
lemon juice
chopped nuts
candied ginger, sliced

Cut celery and crisp red apples in thin slices, leaving skins on for color. Arrange on lettuce leaf after mixing with mayonnaise thinned with a little lemon juice. Top with chopped nuts and sliced ginger. Serve with meal.

Emilie L. Yukna

JELLIED TUNA FISH

2 (6 oz.) cans tuna (grated style)
2 hard-cooked eggs, chopped
1/2 c. chopped stuffed olives
2 Tbsp. capers
1 Tbsp. chopped chives or minced onion
1 envelope plain unflavored gelatine
1/4 c. cold water
2 c. mayonnaise
lettuce or chicory
tomatoes, skinned and quartered
1 avocado, pared

Combine tuna, eggs, olives, capers and chives. Soak gelatine in cold water for 5 minutes and then dissolve over hot water. Add dissolved gelatine to mayonnaise, stirring constantly. Add to fish mixture, mixing thoroughly. Turn into a mold and chill until firm. Unmold on lettuce or chicory and garnish with tomato wedges and avocado slices (which have been rubbed with lemon juice to prevent browning).

Marjorie Dunstan gave me this recipe in Honolulu, Hawaii in 1948. She had been a teacher in New Britain and member of College Club and was then teaching at the Punahou School.

Dorothea Richardson

LIME CUCUMBER SALAD

1 pkg. lime jello
3/4 c. hot water
1 tsp. lemon juice
1 c. ground cucumber
2 tsp. chopped chives or pimiento
1 c. cottage cheese
1 c. salad dressing

Mix cottage cheese and salad dressing. Combine and mold.

Isabelle Rupert

MOCK CRABMEAT SALAD

2 c. raw shredded parsnips
1 c. finely sliced celery
1 Tbsp. chopped pimento
1/2 c. quartered ripe olives
1/2 c. mayonnaise
1 Tbsp. lemon juice (fresh)
2 tsp. finely sliced green onions
1/4 tsp. salt

Mix parsnips, celery, pimento and olives. Blend mayonnaise, lemon juice, onions and salt. Refrigerate 3 hours.

Note: Salt is optional.

Marge Tuttle

NO-TOSS SALAD

1 large head lettuce
1/4 c. chopped onion
1/4 c. chopped celery
1 can water chestnuts, chopped
1 pkg. frozen peas
2 c. mayonnaise
1 Tbsp. sugar
1/4 lb. bacon, fried and crumbled
2-4 boiled eggs, chopped
3 tomatoes, chopped
grated cheese

Place lettuce in large bowl or deep serving dish. Sprinkle next 3 ingredients in bowl in layers. Break peas apart (still frozen) and sprinkle on top. Spread mayonnaise on top like frosting. Sprinkle with sugar and refrigerate overnight. Before serving, cover salad with bacon, egg and tomatoes. Do not toss; dish out as is and enjoy!

Marlene Schneider
WFSB/TV 3

PARTY CHICKEN SALAD

4 c. cubed chicken
1 lb. seedless green grapes
1/2 c. sliced walnut meats
1 Tbsp. cut-up red pimiento
3/4 c. diced celery
1/2 c. mayonnaise

Cut cooked chicken into 1/4-inch cubes, slice walnut meats and cut red pimiento into small pieces for color rather than flavor. Add diced celery (either thinly sliced or small pieces). Remove green grapes from stems (leave whole). Mix all ingredients together into the mayonnaise, adding slightly more if needed to cover all the ingredients.

Line a glass bowl with green lettuce and fill the center with the salad. For individual servings, place a green lettuce leaf in the bottom of a brandy snifter. Fill with salad. Garnish with fresh green grapes and small pieces of pimiento.

National Women's Comm. AAUW
Ruth W. Boyea

PERFECTION SALAD

4 c. boiling water
3 pkg. lemon-flavored gelatin (small)
1/2 c. vinegar
pimiento
2 c. finely shredded cabbage
1 c. shredded carrot
1/4 c. diced green pepper
chicory
French dressing

Add boiling water to gelatin; stir until completely dissolved. Add vinegar and cool. Chill until mixture begins to thicken. For decoration, spoon a small amount of thickened gelatin mixture into bottom of 6-cup mold. Arrange cutouts of pimiento. Chill briefly until set. Fold cabbage, carrot and the green pepper into thickened remaining gelatin; pour into mold and chill until set.

To unmold, loosen edges with small spatula or thin-bladed knife; dip briefly in warm water or dip cloth in hot water and place over bottom of mold. Invert mold over serving plate; shake gently to loosen. Garnish with chicory. Serve with tart French dressing. Preparation time: About 1 hour. Chilling time: 3-4 hours. Serves 8.

United States Rep. Marcy Kaptur

SWEDISH FRUIT SALAD

2 eggs, beaten
4 Tbsp. cider vinegar
4 Tbsp. sugar
2 Tbsp. butter
1 c. heavy cream, whipped
2 c. pineapple chunks
2 fresh oranges, peeled and cut up
2 c. large marshmallows, cut up
2 c. sweet cherries (Queen Anne white; remove pits)

Blend the beaten eggs with vinegar, sugar and butter. Cook until thickened. Cool and add the whipped heavy cream. Drain the fruit and fold into the mixture. Do this the day before planning to serve the salad. Cover tightly. Serve as is or on a lettuce leaf topped with a red cherry.

13th District CT Rep.
Elsie "Biz" Swensson

TABOULEH
(Mideastern Wheat Salad)

1 c. fine bulghur (cracked wheat)
2 c. boiling water
2 c. chopped parsley
1/2 c. chopped scallions
1/4 c. chopped fresh mint or 3 tsp. dry
2 tomatoes, chopped
1/3 c. lemon juice
1/4 c. olive oil
salt and pepper to taste

In a medium bowl, pour water over bulghur. Allow to stand 30 minutes. Drain and squeeze any moisture from bulghur. Toss remaining ingredients together with the bulghur. Refrigerate at least 2 hours. Just before serving, taste to check seasonings. Add to your taste either more salt, pepper or lemon.

Tabouleh can be served as a salad, as a filling for pita bread or with crackers as a dip. As a salad, this recipe will make 6 servings.

Mary Abrahamian

BLUE CHEESE DRESSING

1 (4 oz.) pkg. Blue cheese, crumbled
1 (3 oz.) pkg. cream cheese, softened
1/2 c. mayonnaise
1/3 c. light cream

Reserve 1/3 cup of the Blue cheese. In a small bowl with a mixer, blend remaining Blue cheese and cream cheese on low speed. Add the mayonnaise and cream; mix until creamy. Stir in reserved Blue cheese. Cover and chill at least 5 hours.

Rosanne Morris

ED'S SALAD DRESSING

Grind together with a mortar and pestle:

1 tsp. chopped parsley
1 1/2 tsp. garlic powder
1/4 tsp. oregano
1/2 tsp. pepper
2 tsp. salt

Put the first mixture into a jar with the following:

3/4 c. oil
1/2 c. wine vinegar
3 Tbsp. sugar

Cover and shake well.

Ruthe Boiczyk

MY SON'S SALAD DRESSING

2 Tbsp. vinegar
2 Tbsp. olive oil
pinch of dry mustard
3 cloves garlic, crushed
1 tsp. basil
1/2 tsp. oregano
1/2 tsp. salt
1 tsp. pepper

Leave garlic and spices in bottle. Add oil and vinegar each time, as olive oil thickens.

Lyda Lindquist

ONE-STEP CHEESE SAUCE

1/2 c. mayonnaise
1/2 c. milk
1/2 c. shredded cheese

Stir together all ingredients in small saucepan. Heat over medium low heat until smooth and melted, about 5 minutes. Serve over hot vegetables or fish.

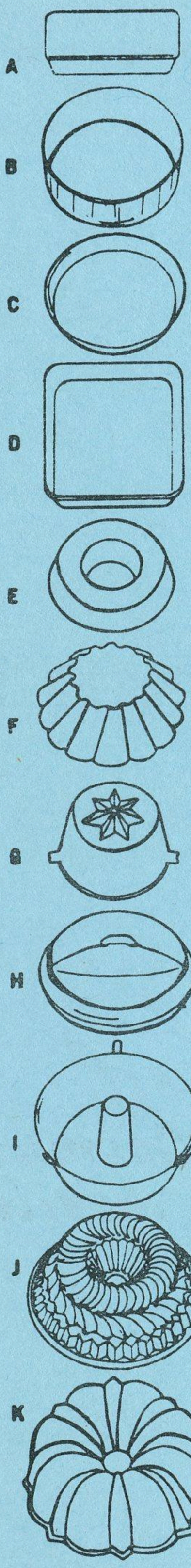
Recommended: American or Cheddar cheese on asparagus or broccoli; Blue cheese on fish; Parmesan cheese on zucchini; or to taste. Makes 1 cup.

Peggy Booth

Main Dishes

Basil.
Ocimum
basilicum

Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 11½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups

Melon Mold:

7 x 5½ x 4-inch mold - H	6 cups

Spring-Form Pans:

8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups

Ring Molds:

8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups

Charlotte Mold:

6 x 4¼-inch mold -G	7½ cups

Brioche Pan:

9½ x 3¼-inch pan -F	8 cups

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BACHELOR BEEF STEW

3 medium onions, cut in quarters
2 lb. stewing beef
6 carrots, cut up
1 c. celery, cut up
1 (1 lb.) can tomatoes
1 can tomato sauce (8 oz.)
4 medium potatoes, quartered
3 Tbsp. tapioca
1 1/2 tsp. salt

Place all ingredients in tightly covered Dutch oven (a heavy 5-quart pot with a tight cover). Bake in 300° oven for 5 hours. Do not open oven at any time. Do not increase amounts of ingredients.

Helen Argazzi

BLUSHING BUNNY

1 Tbsp. butter
1/2 lb. American cheese, cubed
3/4 c. milk
1/2 can tomato soup (condensed type)
1 egg (unbeaten)
1/4 tsp. mustard
pinch of red pepper
1/2 tsp. salt

Melt butter; add cheese and melt slowly over low heat. Add milk, tomato soup, egg and spices. Let all come to a boil and mix with 1/4 pound of previously boiled macaroni.

This is one of a group of recipes sold for $1.00 by the Cambridge Equality Association in 1915 to raise funds for passage of Equal Suffrage Amendment. They were on sale at College Equal Suffrage Association office of which I was manager.

Dorothea Richardson

CHICKEN AND RICE
(Arroz con Pollo)

1 cut-up fowl
paprika
butter or oil
3 medium onions
2 green peppers
3 tomatoes
garlic salt
1 c. sherry
3 c. uncooked rice
1 pkg. frozen peas, cooked mushrooms

Sprinkle cut-up fowl with paprika and brown in butter or oil in a skillet. Then saute onions and peppers in the same skillet until soft and brown. Add fresh cut-up tomatoes. Simmer for 1/2 hour, then add salt, pepper and garlic to taste and sherry. Continue cooking until fowl is tender and will fall off the bones. Separately cook rice according to directions on box. Arrange cooked rice on bottom of large round flat bowl. Place boned pieces of chicken around the edge. In center of bowl, place some cooked peas and the mushrooms. Pour juice remaining on the bottom of the skillet all over the meat. Salad and crusty rolls complete a delicious meal for 4-6 people.

Elsie Kingsbury, Wife of Mayor
Berlin, CT

CHILLIE CHEESE CASSEROLE

2 cans green chillies, drained and chopped
3 c. Monterey Jack cheese, grated
3 sliced medium tomatoes
4 eggs
1 c. heavy cream
3/4 c. flour
1 tsp. salt

Line pan with green chillies. Add cheese and tomatoes. Mix together remaining ingredients and pour over pan. Bake 1 hour at 350°. Serve in squares with sour cream, avocados and chopped onions.

Beverly B. Byron
House of Representatives
6th District, Maryland

CHOW MEIN

1/4 c. butter
1 medium onion, chopped
2 c. celery, diagonally chopped
1 tsp. m.s.g. (Accent)
dash of salt and pepper
1 1/2 c. hot water
1 (No. 1) can bean sprouts
2 c. cooked beef, pork, veal, shrimp or chicken, cut in chunks
2 Tbsp. cold water
2 Tbsp. cornstarch
2 Tbsp. soy sauce

Melt butter in skillet. Add onion and cook 3 minutes. Add celery, m.s.g., salt, pepper and hot

water. Cook, covered, for 5 minutes. Add bean sprouts, 2 cups of one or combination of protein ingredient. Mix thoroughly and cook 5 minutes. Combine cold water, cornstarch and soy sauce separately and add to meat mixture. Stir lightly and cook 1 minute. Serve over cooked rice or chow mein noodles.

Carol A. Kearns

CLAM CASSEROLE

2 cans minced clams
crushed cracker crumbs (24 crackers to 1 can clams)

Layer crackers and clams (4 crackers and 3 clams). Dot each layer of crackers with butter and pepper. Add 1 cup milk plus clam juice. Bake at 350° for 1/2 hour.

Diane Drachenberg

CRAB AND SPINACH QUICHE

1/2 pkg. pie crust mix or 1 prepared unbaked crust
1 (10 oz.) pkg. frozen chopped spinach
2 eggs, lightly beaten
1 (8 oz.) container plain yogurt
1 Tbsp. all-purpose flour
1 tsp. salt
1/4 tsp. pepper
1 (4 1/2 oz.) can sliced mushrooms, drained
1 c. shredded Cheddar cheese (4 oz.)
1 small onion, cut fine (1/4 c.)
1 (6 1/2 oz.) can crabmeat, drained thoroughly and flaked

Preheat oven to 425°. Prepare mix, following directions for a 9-inch shell or bake prepared 9-inch shell following directions. Cook spinach following label directions. Drain and squeeze out excess water. Beat eggs with yogurt, flour, salt and pepper in a medium-sized bowl. Stir in spinach and crabmeat. Sprinkle mushrooms, cheese and onion on crust, then add spinach and crab mixture. Bake at 425° for 15 minutes. Reduce heat to 350° and bake 30 minutes or until knife inserted in center comes out clean. If the crust begins to brown too quickly, cover edges with aluminum foil.

Gertrude Bridge

CRABMEAT CASSEROLE

1/2 pkg. stuffing mix (small)
2 cans crabmeat (tuna may be substituted)
1 1/2 c. mayonnaise
2 c. milk
4 hard-boiled eggs, sliced
2 Tbsp. chopped onion
2 Tbsp. parsley flakes
1/2 pkg. stuffing mix for topping

Grease casserole dish. Mix ingredients. Place 1/2 stuffing mix on top. Bake at 350° for 40 minutes.

Sheila Kasmer

DELUXE MACARONI CASSEROLE

1/2 c. chopped onion and green pepper
2 Tbsp. margarine
1/2 lb. cubed Velveeta process cheese spread
1/4 c. milk
6 sliced frankfurters
2 c. (8 oz.) elbow macaroni, cooked and drained
2 Tbsp. pimento
1 tsp. mustard (pure prepared)
2 frankfurters, halved and split lengthwise
1/4 lb. Velveeta process cheese spread, sliced and cut in halves diagonally

Saute onion, pepper and margarine. Add cubed cheese and milk; stir until cheese is melted. Add the sliced frankfurters, macaroni, pimento and mustard; mix lightly. Spoon into a 1 1/2-quart casserole; top with split frankfurters. Cover and bake at 350° for 20 minutes. Top with diagonal cheese slices and continue baking until cheese melts. Serves 6.

Helen Argazzi

DIANNE FEINSTEIN TAMALE PIE

2 c. cooked spaghetti
8 oz. chili con carne
8 oz. tamales, with paper removed and tamales cut into pieces
6 oz. creamed corn
4 oz. black olives, cut in halves
Monterey Jack cheese, shredded, to taste
salt and pepper to taste

Mix ingredients together and place in a casserole dish. Top with cheese to taste. Cover and bake 30-40 minutes at 350°.

Recipe may easily be doubled or tripled.

Mayor of San Francisco
Dianne Feinstein

EASY BEAN SUPPER

1 lb. ground beef
1 large onion, chopped
1 (1 lb. 15 oz.) can pork and beans
1 (1 lb.) can kidney beans, drained
1 c. catsup
1/4 c. brown sugar
3 Tbsp. white vinegar
1/2 tsp. salt

Brown ground beef in frying pan. Drain off fat and place in crock-pot. Brown onion and add to crock-pot. Add all other ingredients; stir mixture well. Cover the crock-pot and cook on low for 4-9 hours.

The ground beef and onion can be cooked the night before if pressed for time in the morning.

Carol O. Peterson

EASY CHICKEN DINNER

6 cooked breasts of chicken
1 chopped (fairly large) yellow onion
1 c. uncooked white rice
1 (No. 2 1/2) can solid-pack tomatoes (undrained)
2 cloves garlic (I substitute shallots when I have them)
2 small cans drained mushrooms
1/2 chopped green pepper

Simmer chicken until tender (as for soup); save broth. Remove chicken from bones in large chunks. Fry onion and green pepper in a little oil until glossy. Add uncooked rice and heat over low heat until golden brown. Add tomatoes, garlic and mushrooms; simmer 20 minutes. If you use garlic, remove at this time. Place chicken in a greased casserole. Spread rice mixture on top of chicken. Refrigerate after adding chicken broth, enough to keep moist during baking. Bake at 350° for 45 minutes. If chicken gets dry, add a little more broth. Should serve 6 easily.

This dish can be prepared early in the day or even the day before.

United States Representative
Barbara F. Vucanovich
2nd District, Nevada

EASY SAUSAGE SOUFFLE'

6 eggs
2 c. milk
6 slices white bread (trim crusts and cube)
1 tsp. salt
1 lb. breakfast sausage links
1 c. grated cheese

Brown and drain sausage, then cut up into bite-size pieces. Set aside. Beat eggs, milk and salt thoroughly. Stir in bread cubes and grated cheese. Mix in drained sausage. Pour into lightly greased 2-quart baking dish. Bake at 350° for 45 minutes.

Note: Souffle' can be assembled and kept in refrigerator overnight and then baked to a puffy, golden delight in the morning.

Irene Favreau
CT State Representative
24th District

EASY TUNA CASSEROLE

1 can tuna fish, drained
1 can peas, drained
1 can cream of mushroom soup
potato chip crumbs

Mix all ingredients together in a casserole dish. Cover with potato chip crumbs. Bake at 350° for about 30 minutes, until bubbly. Feeds 3-4 people. Easy to double.

Paula Jean Yukna

HENRI SOULE'S POULE AU POT

3 lb. chicken
3 carrots, scraped, quartered lengthwise and cut in 1 1/2-inch lengths
3 ribs celery (as carrots)
2-3 turnips (1/2 lb.), trimmed and cut as carrots

1 c. leeks, quartered lengthwise and cut in 1 1/2-inch lengths
1 zucchini, cut as carrots
6 c. fresh or canned chicken broth
1/4 c. rice

Truss chicken and place in kettle (should fit snugly). Cover with water. Add carrots, celery, turnips, leeks and zucchini. Bring to a full boil; drain well. Return chicken to kettle; add chicken broth. Add all vegetables except zucchini. Simmer 20 minutes. Add zucchini; simmer 5 minutes more. Add rice, salt and pepper to taste; cook 10 minutes. Untruss chicken. Cut into serving pieces and serve in 4 bowls with vegetables.

Note: I cut chicken skins and bones out near end. Freezes well. Can double.

Mary Carey

MAKE-AHEAD FAVORITE LASAGNA

3-4 c. spaghetti sauce
2 pkg. sliced Mozzarella cheese
Parmesan cheese
lasagna noodles
16 oz. Ricotta cheese

Make spaghetti sauce according to your favorite recipe. Take a 9 x 13-inch pan; measure enough lasagna noodles to make 2 layers. Cook them 10 minutes and leave them soaking in warm water so they won't stick. Butter pan. Lay out a layer of noodles. Spread 1/2 Ricotta cheese on top of noodles. (Cottage cheese may be substituted.) Lay out 4-6 slices of Mozzarella cheese to cover. Add 1/2 spaghetti sauce; spread over cheese. Top with lots of Parmesan cheese. Repeat layers. Cover with foil and leave in refrigerator up to 3 days. Bake at 350° for 30 minutes or until it bubbles up sides of pan. Serve with Italian bread, tossed salad and Chianti.

Anne Streeter
Connecticut State Senator
5th District

"ONE-POT" DINNER

1 c. chopped onion
1/2 lb. bacon (cut with scissors into small pieces)

2 cans B & M baked beans (21 oz. size; remove chunks of fat)
2 cans dark red kidney beans (15 oz. size), drained
2 cans lima beans (15 oz. size), drained (1 each butter limas and green limas or mixed in same can)
1 tsp. salt (not really necessary)
1 lb. frankfurters, cut diagonally into slices or 3 pkg. party franks (taste the same, but look different)
1 c. ketchup
1/4 c. brown sugar
1 tsp. liquid smoke (look for it among sauces and seasonings)
3 Tbsp. vinegar
dash of pepper

Brown bacon and onion well; drain off fat. Combine all ingredients in large mixing bowl. Stir together well, then spoon into crock-pot. Cover and cook on low 8-9 hours.

This recipe is best prepared the night before and refrigerated. Start cooking it in the morning until the time it is to be eaten.

Lorraine Semnoski

PASTITSIO ON A GRAND SCALE

1 lb. elbow macaroni
2 c. grated Romano cheese
2 c. Ricotta cheese
1/4 tsp. nutmeg

Meat Sauce:

2 lb. ground lean beef
2 lb. ground lean lamb
3 Tbsp. butter
3 c. tomato or spaghetti sauce
1 c. dry red wine
1 tsp. oregano
1 bay leaf
1/2 tsp. cinnamon
1/2 tsp. dried basil
1/2 c. chopped parsley
1/2 tsp. salt
1/2 tsp. pepper
1 c. chopped onion

Cream Sauce:

5 c. light cream
3 c. milk
1 c. butter
1 1/2 c. flour
10 egg yolks
salt and pepper

In a 12-inch skillet, saute onion in the butter for 3 minutes. Add garlic for 2 more minutes. Add meat and cook until red color disappears. Add salt, pepper, herbs, spices, tomato sauce and wine; cook until liquid is absorbed.

Cook and drain macaroni.

Heat 4 cups of the cream and milk; don't boil. In another pan, melt the butter; add flour and whisk it fast to avoid lumps. In about 10 minutes, when thick and smooth, season with salt, pepper and nutmeg. In another dish, beat the egg yolks with unheated cream. Beat in 1/2 cup of heated cream, a little at a time, to avoid curdling. Add this and the Ricotta cheese to cream.

Butter a 15 x 9 x 4-inch dish. Layer the ingredients. First layer: 1/2 of the macaroni, sprinkled with 1/2 Romano cheese. Second layer: 1/2 Cream Sauce. Third layer: All of the Meat Sauce. Remainder: Rest of macaroni, then rest of Cream Sauce and finally the grated cheese. Bake at 400° about 45 minutes, until a golden brown crust forms. Cool and cut into neat squares; reheat before serving.

Makes 12 servings.

Pauline Alt

PICNIC CASSEROLE

4 medium red potatoes, peeled, diced and cooked
1/4 c. butter or margarine, softened
2 Tbsp. minced onion
6 frankfurters, sliced
1 (10 3/4 oz.) can condensed cream of mushroom soup
1 c. frozen peas, thawed
1/2 c. milk
1 Tbsp. prepared mustard
1/3 c. shredded sharp Cheddar cheese

Preheat oven to 350°. In an ungreased 2-quart casserole, toss potatoes, butter or margarine and the onion. In a medium bowl, mix frankfurters, soup, peas, milk and mustard. Pour over potato mixture. Bake for 40 minutes. Top with cheese. Bake 5 minutes longer or until cheese melts.

Yield: 6-8 servings.

Katherine Tolis

TUNA AND BROCCOLI CASSEROLE

1 pkg. frozen broccoli, thawed (I use chopped broccoli)
1 (7 oz.) can water-packed tuna fish
1 can cream of celery soup
1 c. finely crushed Ritz crackers (24)
7 Tbsp. melted butter or margarine
canned grated American cheese

Grease a 1 1/2-quart casserole dish with butter or margarine. Line bottom of casserole with thawed broccoli. Place tuna over broccoli. Pour 1/2 can of soup over tuna. Mix melted butter or margarine with crushed crackers and pour over soup. (Some grated American cheese may be added for extra flavor.) Pour remaining soup over cracker layer. Sprinkle grated American cheese over top. Bake at 350° for 1 hour.

Diane Drachenberg

** EXTRA RECIPE **

Meats
Poultry &
Seafood

Sage-
Salvia
officinalis

Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

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AUNT DOTTIE'S BARBEQUE BEEF

3 lb. hamburger
1 garlic clove
1 large chopped onion
1 bottle ketchup
1 bottle chili sauce
1 Tbsp. brown sugar
1 Tbsp. vinegar

Brown hamburger in a little bacon fat; drain. Add garlic, onion, ketchup, chili sauce, sugar and vinegar. Simmer 1 hour. Serve on hamburger rolls or bread.

Peggy Booth

BEEF STROGANOFF

2 Tbsp. margarine
1/2 c. chopped onion
1 clove garlic, chopped
1 1/2 lb. cooked roast beef, cut in strips
1/4-1/2 lb. mushrooms
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
3 Tbsp. flour
1 1/2 c. beef bouillon
1 c. sour cream

Fry onion, garlic and beef in margarine until onion is lightly browned. Add mushrooms, salt, pepper and paprika; cook on low heat 5-10 minutes. Stir in flour and beef bouillon; simmer 10-15 minutes more, until flavors blend. Stir in sour cream and heat without boiling. Serve on rice or egg noodles.

New Britain Board of Education Member
Diane DeFronzo

CHINESE BEEF

1 lb. sirloin tips, cut in strips

Marinade:

4 tsp. sugar
2 tsp. cornstarch
2 tsp. Burgundy wine
1/4 c. cooking oil
4 tsp. soy sauce

Vegetables (sliced):

3 green peppers
3 tomatoes
2 stalks celery
1 onion
1 green onion

Sauce:

1 tsp. cornstarch
2 tsp. sugar
1 Tbsp. catsup
1 tsp. soy sauce
1/2 tsp. Worcestershire sauce

Mix marinade and pour over meat. Marinate all day. Drain beef. Cook in 2 tablespoons cooking oil; remove beef. Cook vegetables until crisp, about 5 minutes. Add beef. Stir in sauce ingredients which have been mixed together. Cook for 1 minute. Serve over rice to six.

CT Representative from 142nd District
Marilyn M. Roche

CURRIED MEATBALLS

1 c. soft bread crumbs
1 (28 oz.) jar ready-to-use mincemeat
1 1/2 lb. lean ground beef
1 egg
2 tsp. salt
1/4 tsp. pepper
1 Tbsp. vegetable oil
1 onion, chopped
1/2 c. chopped green pepper
2 tsp. curry powder
1/2 c. lemon juice
hot cooked rice

In medium bowl, combine crumbs, 2/3 cup mincemeat, beef, egg, salt and pepper; mix well. Shape into 1 1/2-inch meatballs. In large pan, brown meatballs in oil; remove when browned. In same pan, cook onion and green pepper until tender. Add remaining mincemeat, curry powder and lemon juice; mix well. Return meatballs to skillet. Cover and simmer 30 minutes, stirring occasionally. Serve with rice.

Makes 6 servings.

Note: You can also make smaller balls and put with sauce in chafing dish for an hors d'oeuvre.

Emilie L. Yukna

DELUXE HAMBURGERS

1 lb. hamburger
1 Tbsp. finely chopped chives
1 Tbsp. chopped parsley
1/2 tsp. rosemary
salt and freshly ground black pepper to taste

Mix ingredients and make into 4 or 6 patties. Put in glass pie plate and half cover with Burgundy wine for 1 1/2 hours; turn frequently. Put butter in frying pan and brown patties on both sides. Remove from pan. Add wine to butter and heat through. Pour some of the gravy over each patty.

Serves 3 or 4.

Frances Hunter

MEAT-ZA PIE

1 lb. lean ground beef
1/2 tsp. salt (garlic salt may be used)
1/2 c. dry bread crumbs
2/3 c. evaporated milk or top milk
1/2 c. tomato sauce or tomato paste
2-3 slices process American cheese, cut in strips
1/4-1/2 tsp. oregano or dried sweet basil
2 Tbsp. grated Parmesan cheese

Shortcut: Mix, bake and serve all in one pan. Place beef, salt and bread crumbs in a 9-inch pie pan. Add milk and mix together with a fork. Spread the mixture evenly over the bottom of the pan, raising a rim about 1/2 inch high around side of pan. Spread tomato paste or sauce over the meat mixture. Arrange cheese strips in crisscross pattern over top. Sprinkle with oregano or dried sweet basil. Then sprinkle with the grated Parmesan cheese. Bake in a preheated hot oven (400°) about 20 minutes or until cheese is melted and beef is cooked. Cut in wedges and serve. Makes 5-6 servings.

Charlotte P. Emery

STEAK BAKE

1 1/2 lb. steak, cut in narrow strips
1/3 c. flour
1 tsp. salt
1/4 tsp. pepper
1 onion, sliced

1 green pepper
1 (1 lb.) can tomatoes
1 (4 oz.) can mushrooms
3 Tbsp. molasses
3 Tbsp. soy sauce

Place meat in 2 1/2-quart casserole. (Note: If steak is only partially thawed, it is easier to slice.) Sprinkle with flour, salt and pepper; toss to coat. Bake, uncovered, at 400° for 20 minutes. Add onion, green pepper, tomatoes, mushrooms, molasses and soy sauce. Mix well. Cover and bake at 350° for 1 hour or until meat is tender. Serve with rice.

Carrot casserole goes well with this.

Emilie L. Yukna

BAKED PORK CHOPS

4-6 meaty pork chops
1/3 c. finely chopped celery
2 Tbsp. lemon juice
2 Tbsp. brown sugar
1/2 tsp. salt
1/2 tsp. mustard
1/8 tsp. pepper
1 can tomato sauce
1/2 c. water

Pour above mixture over pork chops in casserole. Bake at 350° for 1 hour and 15 minutes, covered.

CT Senator, 18th District
Mary A. Martin

PORK CHOPS WESTERN STYLE

6-8 center-cut pork chops
4-5 potatoes, peeled and sliced in 1/2-inch slices
4-5 raw carrots, peeled and sliced in 1/2-inch slices
1 tsp. salt
1/4 tsp. black pepper
1 1/2 tsp. chili powder
1 1/2 Tbsp. instant minced onion
1/8 tsp. garlic powder
1 3/4 c. tomato juice

Brown pork chops on both sides. Place in a heavy pot. Cover with sliced vegetables. Mix together salt, pepper, chili powder, onion and garlic; sprinkle over vegetables. Add tomato juice. Cover and bake 1 hour in a preheated 350° oven.

Mary M. Carey

PORK CHOPS

pork chops
onion, sliced
pepper, sliced
1 can tomatoes
salt and pepper
basil

Brown chops in a small amount of oil. Add slices of onion and pepper. Cook, uncovered, until onion and pepper are delicately brown. Add a can of tomatoes, salt, pepper and some basil to taste. Cover and cook until chops are tender. Serve with mashed potatoes or rice.

Wife of Berlin Mayor
Elsie Kingsbury

PORK CHOPS

2-4 boneless butterfly pork chops
1 egg, beaten
bread crumbs (plain or seasoned)

Dip pork chops in egg. Dust both sides with bread crumbs, lightly. Place on a rack in a pan. Bake at 425° for 45 minutes to 1 hour (depending on thickness).

Bread crumbs keep pork moist.
Linda Smythe

PORK LO MEIN

1 lb. pork cutlets, boned
1 large zucchini
1 large red bell pepper
1 bunch scallions
1 lb. thin noodles
soy sauce
1 whole garlic
1 piece ginger
sesame oil
vegetable oil
oyster sauce
chicken bouillon
1 tsp. cornstarch

Fry garlic (pressed) and ginger. Cut up pork into tiny pieces. Fry in sesame oil and vegetable oil. Cut up vegetables; fry in same oil. Boil 1 cup water with dissolved chicken bouillon, 2 tablespoons of oyster sauce and cornstarch. Add liquid to meat and vegetable mixture and simmer. Cook noodles, 2 tablespoons

oyster sauce, 2 tablespoons vegetable oil, 1 tablespoon sesame oil and 1 teaspoon soy sauce. Mix well; add vegetable and meat mixture. Serves 6.

CT Representative of 71st District
Doreen Del Bianco

SWEET AND SOUR PORK

2 c. cut-up pork (or whatever you have)
1/4 c. brown sugar
1 c. pineapple chunks
2 Tbsp. cornstarch
1/4 c. vinegar
2-3 Tbsp. soy sauce
1/2 tsp. salt
1 small green pepper, cut in strips
1/4 c. thinly sliced onion

Brown pork in small amount of hot fat. Add 1/2 cup water; cover and simmer about 5 minutes (or if using fresh pork, 1 hour). Drain pineapple, reserving syrup. Combine sugar and cornstarch; add pineapple syrup, vinegar, soy sauce and salt. Add to pork; cook and stir until gravy thickens. Add pineapple, green pepper and onion; cook 2-3 minutes. Serve over fluffy hot rice or chow mein noodles.

Variation: Omit pepper and onion. Add mixed Chinese vegetables, canned or frozen.

Peggy Booth

BREAST CUTLETS FOR 20

20 skinned, boned chicken breast halves

Stuffing:

1/2 pkg. Pepperidge Farm stuffing
1/2 c. mushrooms, sauteed
3 chopped onions, sauteed
flour
1/4 c. butter

Sauce:

1 1/2 bottles Seven Seas creamy Italian dressing
1/2 jar apricot preserves
3 cans Franco-American chicken gravy

Mix stuffing mix, mushrooms and onions together. Stuff breasts; roll in flour and brown in butter. Whisk sauce ingredients together. Pour sauce over chicken in large pan. Sprinkle Lipton onion soup on top. Bake 1/2 hour at 350°.

CT State Representative
142nd District
Marilyn M. Roche

CHIANG-PAO-CHI-TING
(Chinese Stir-Fried Chicken Breasts with Hoisin Sauce)

2 whole chicken breasts (about 3/4 lb. each), skinned and boned
1 Tbsp. cornstarch
1 Tbsp. pale dry sherry
1 Tbsp. thin soy sauce
1/4 c. peanut oil or corn oil
1 medium green pepper, deribbed, seeded and cut in 1/2-inch squares
6 water chestnuts, cut in 1/4-inch cubes
1/4 lb. fresh mushrooms, cut in 1/4-inch cubes
1/2 tsp. salt
2 Tbsp. hoisin sauce (no substitute)
1/4 c. roasted cashews or quartered almonds

Prepare Ahead: Skin and bone the chicken breasts; remove the tendons. Lay the meat flat and cut lengthwise into 1/2-inch wide strips, then cut the strips crosswise to make 1/2-inch squares.

Place the chicken squares in a large bowl and sprinkle them with cornstarch, then toss them about with a spoon to coat them lightly and evenly. Pour in sherry and soy sauce. Toss the chicken again to coat evenly. Place the marinated chicken meat, oil, green pepper, water chestnuts, mushrooms, salt, hoisin sauce and nuts within easy reach.

To Cook: Heat a wok (or an electric frying pan). Add 1 tablespoon oil and swirl it about. Add the green pepper, water chestnuts, mushrooms and salt. Stir-fry briskly for 2-3 minutes at 350°. Scoop out the vegetables with a slotted spoon and set aside on a plate.

Add the remaining 3 tablespoons oil into the wok, cleaned and dried, and heat to 375°. Then drop in the marinated chicken squares. Stir-fry for 2-3

minutes, just until the meat turns white and firm. Then add the hoisin sauce; stir well with the chicken. Add the reserved vegetables, stir-frying 1 minute longer. Drop in the nuts and stir to heat them through. Transfer the entire contents of the wok to a heated platter. Serve at once.

As a main course, this will serve 4. As a part of a Chinese meal, 6-8.

Note-Hoisin Sauce: Sweet brownish-red sauce made from soybeans, flour, sugar, water, spices, garlic and chili, for use in seasoning. After opening, the sauce can be stored for several months in the refrigerator in a tightly covered glass jar.

One of my student's top choices.

Mimi Kaufman

CHICKEN BREASTS IN CREAM

8 chicken breasts
salt and pepper
1 beaten egg
seasoned bread crumbs
1/4 c. butter
1/4 c. salad oil
2 pkg. frozen peas
2 c. heavy cream
1/4 tsp. salt
2 cloves garlic, crushed
1/2 tsp. paprika

Bone, split and skin the chicken breasts; season with salt and pepper. Dip the chicken in the beaten egg and roll in the crumbs. Saute until golden brown in the butter and salad oil mixture. Add more if needed. Then place the chicken in a large baking dish. Scrape the residue from the frying pan over the chicken. Add the frozen peas. Pour the heavy cream that has been mixed with the 1/4 teaspoon salt and crushed garlic (or a teaspoon of chopped dried onion can be substituted). Dust with the paprika. Bake at 350° for 1 hour, basting occasionally, until chicken is tender.

If chicken breasts are extra large, cover lightly with oil and bake another 15 minutes.

I served this with Spicey Tomato Cocktail, Swedish Fruit Salad, Swiss Green Beans, Snow-Capped Chocolate Pie and Swedish Glog to the women legislators.

CT Representative
Elsie "Biz" Swensson
13th District

CHICKEN BREASTS STUFFED WITH CRABMEAT

4 chicken breasts, split, boned and skinned
1/4 lb. mushrooms
1/2 c. onion slices
1/4 c. margarine
3 Tbsp. flour
1/4 tsp. thyme
1 c. chicken broth
1/3 c. milk or dry sherry
1 (7 oz.) can crabmeat
1/3 c. dry bread crumbs
1/3 c. chopped parsley
1 1/2 c. (6 oz.) shredded Swiss cheese

Flatten chicken breasts to 1/4-inch thickness. Saute mushrooms and onion in margarine. Blend in flour and thyme. Gradually add broth and milk or sherry; cook, stirring constantly, until thickened. Combine 1/4 cup of sauce mixture with crabmeat, bread crumbs and parsley. Mix lightly. Spread 1/4 cup of filling on top of each chicken breast. Roll jelly roll style and place, seam side down, in dish. Add cheese to remaining sauce and stir until melted. Pour over chicken breasts. Cover and bake at 400° for 15 minutes. Uncover and bake at 400° for 15 minutes more. Makes 6-8 servings.

New Britain Board of Education Member
Marilyn C. Kraczkowsky

CHICKEN CACCIATORE

2 medium onions, thinly sliced
2 1/2-3 lb. chicken, cut up
2 cloves garlic, minced
1 (1 lb.) can tomatoes
1 (8 oz.) can tomato sauce
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. oregano
1/2 tsp. basil
1/2 tsp. celery seed (optional)
1 bay leaf
1/4 c. dry white wine (optional)

Place sliced onions in bottom of crock-pot. Add chicken pieces, minced garlic, tomatoes, tomato sauce, salt, pepper, herbs and white wine. Cover and cook on low setting for 6-8 hours, or on high setting 2 1/2-4 hours. Serve chicken pieces with sauce over hot spaghetti.

Carol O. Peterson

CHICKEN LUSH

2 c. cooked chicken, cut up
1/2 c. mayonnaise
1/8 tsp. curry
1 can mushroom soup
1 can sliced water chestnuts
2 hard-boiled eggs, chopped
cracker crumbs
sliced almonds
2 Tbsp. butter

Mix all ingredients and top with the butter, crumbs and sliced almonds. Bake at 325° for about 35 minutes or until bubbly. Serves 8.

Courtesy of the Simsbury Auxiliary of the Child and Family Services, Inc.

Peggy Booth

CURRIED TURKEY WITH BANANAS

2 Tbsp. butter or margarine
1/2 c. chopped onion
1 c. chopped celery
3 Tbsp. flour
3/4 tsp. salt
1/2 tsp. curry powder
1 chicken bouillon cube
1 1/2 c. milk
2 c. cut-up cooked turkey
1/2 c. sliced pitted ripe olives
4 bananas
melted butter or margarine

Melt 2 tablespoons butter; add onion and celery and cook until tender. Blend in flour, salt, curry powder and crushed bouillon cube. Cook and stir 1-2 minutes. Gradually stir in milk; cook and stir until mixture thickens and comes to a boil. Simmer 2-3 minutes. Add turkey and olives. Cook until heated thoroughly. Cut bananas in halves lengthwise; place on buttered baking sheet. Brush with melted butter and broil 3-5 minutes. Serve turkey mixture over broiled bananas. Makes 4 servings.

Helen Z. Pearl

MALAYAN CHICKEN CURRY

2 chicken pieces per person (breast halves, legs, thighs)
sweet curry powder
rice, cooked

Sambals:

peanuts
chopped hard-boiled eggs

chopped cucumbers in brine
fried onion rings (canned)
pineapple chunks
sliced bananas
grated coconut
chutney

Brown chicken pieces in frying pan. Add water to cover (or transfer to big pot and add water). Add sweet curry powder to taste (1 rounded tablespoonful or more). Simmer until chicken is tender, 1/2-3/4 hour.

Serve on lots of plain boiled rice with 7 of the Sambals listed above. Typically also served with cold beer to counter the heat of the curry.

Not for the faint-hearted who dislike hot and spicy dishes.

Connecticut Division AAUW President
Maggie Ford, 1984-86

POULET AU YASSA
(A La Senegalaise)

chicken breasts and legs
2 squeezed limes plus remains of limes
2 large sliced onions
salt and pepper
1 c. water

Marinate chicken parts in large bowl with lime juice and remains, onions, salt and freshly ground black pepper for several hours. Drain chicken; reserve marinade. Barbecue grill chicken until brown. Saute reserved onions in peanut oil. Add reserved marinade. Add chicken plus water. Simmer, covered, for 1/2 hour.

Delicieux!!

Carol A. Kearns

SOY GINGER CHICKEN

1 Tbsp. sesame seed
1 c. soy sauce
1 c. light brown sugar
1 piece ginger, crushed or minced
2 cloves garlic, crushed or minced
1 tsp. Accent
2 Tbsp. wine

Crush and lightly brown sesame seed in skillet.

Add remaining ingredients. Marinate 18 chicken thighs 1 hour. Place chicken, skin side up, in baking pan. Baste and bake at 350° for 20 minutes. Turn and bake 20 minutes longer.

Beverly B. Byron
House of Representatives
6th District, Maryland

SWEET AND SOUR CHICKEN

3 medium potatoes, peeled and thinly sliced
4 whole chicken breasts (3 lb.), skinned and halved
1 c. orange juice
2 Tbsp. brown sugar
1 tsp. leaf basil
1/4 tsp. nutmeg
2 Tbsp. cider vinegar
dried parsley flakes
1 (17 oz.) can water-packed peach slices, drained
chopped parsley

Place sliced potatoes in crock-pot. Arrange chicken breasts on potatoes. Combine orange juice, brown sugar, basil, nutmeg and vinegar. Pour over chicken. Sprinkle chicken with dried parsley flakes. Cover and cook on low setting 6-8 hours. Remove chicken breasts and potatoes from sauce and arrange on a warm platter. Turn crock-pot to high setting. Add peach slices to sauce. Heat until serving temperature. Pour sauce over chicken and potatoes. Garnish with chopped parsley.

Lorraine Semnoski

TERIYAKI CHICKEN

boneless, skinless breasts of chicken
Kikkoman soy sauce

Marinate chicken in teriyaki sauce for 2 hours for mild flavor to overnight for strong flavor. Bake 1 hour at 325° in shallow baking pan, or if in a hurry, panfry for 20 minutes. Delicious cold.

Linda Smythe

WILHELMINA COLE HOLLADAY'S OWN SPECIAL GOOSE RECIPE

For one whole goose breast:

1 can chicken broth (better to make your own, plain, clarified or use bouillon cubes)
1/2 c. white wine
1/2 stick butter
1/2 apple
1/2 onion

Combine chicken broth, white wine and butter. Heat until it melts. Use this mixture for basting and eventually for the sauce. Preheat oven to 350°.

In baking dish (a rack is not necessary), place the goose with the apple and onion cut up on top of the breast. After putting goose in the oven, baste frequently. Continue roasting until an instant meat thermometer registers 130°. Turn off oven immediately, leaving the goose in it until you make the sauce. Place on aluminum foil or a platter, as you will need the drippings from the baking dish for your sauce.

Note: The goose is done correctly when it is pink inside and the juice runs out. It is much better this way than done too much and consequently tough. When it is sliced, do this across the grain on the diagonal. Remove apple and onion before slicing.

Sauce:

2 Tbsp. flour
1 Tbsp. butter

Brown flour and butter together in pan. Add cooled chicken broth mixture, stirring rapidly with wire whisk. Remove when it begins to thicken and add drippings from baking pan. Season to taste. Salt, pepper and even a little Tabasco sauce is good.

Wilhelmina Cole, President
National Museum of
Women in the Arts
Washington, DC

BAKED SEAFOOD CASSEROLE

2 (6 oz.) cans crabmeat
2 cans shrimp
1 small can button mushrooms, sliced
1 can pimientos, chopped (and juice)

1 c. mayonnaise
1 green pepper, chopped
1 large onion, chopped
1 c. celery, chopped
1/2 tsp. salt
dash of black pepper
1 Tbsp. Worcestershire sauce

Mix all ingredients. Put in buttered casserole. Sprinkle with buttered bread crumbs. Bake 30 minutes in moderate oven. Serve hot with rice. Serves 8.

Claire Fulcher
of Team Associates

COQUILLE ST. JACQUES

1 1/2 lb. scallops
1/2 c. white wine
1/2 tsp. salt
1 tsp. instant minced onion
3 Tbsp. butter
3 Tbsp. flour
1/2 c. heavy cream
1 c. (4 oz.) shredded Cheddar cheese
1/2 c. buttered bread crumbs
paprika

If large scallops, cut into pieces. Leave small scallops whole. Place in saucepan with wine, salt and onion. Bring to boil. Immediately reduce to simmer. Simmer 10 minutes, covered. Drain, reserving liquid.

Melt butter in saucepan. Blend in flour with a wire whisk. Add scallop liquid and cream. Cook over medium heat, whisking constantly, until thickened. Stir in cheese and scallops. Place in individual greased casseroles. Top with buttered crumbs and sprinkle with paprika. Bake at 400° for 10 minutes, longer if you made ahead. (Perhaps at 350° for 1/2 hour, until bubbly.) Serve over rice or pastry shells when using as a main dish.

Diane Drachenberg

CRAB CAKES

1 beaten egg
1/2 c. mayonnaise
1/2 tsp. Worcestershire sauce
1 Tbsp. parsley flakes
Old Bay seasoning
1/2 tsp. salt
1/2 tsp. ground black pepper
1/2 tsp. dry mustard
6 finely crumbled saltines
1 lb. crabmeat

Mix together well all ingredients except crabmeat, then blend crabmeat in with fork. Brown Crab Cakes in hot skillet with butter.

United States Representative
Barbara A. Mikulski, 3rd District Maryland

CRAB DEWEY

1 lb. crabmeat (claw-meat is okay)
2 c. Pepperidge Farm dry stuffing mix
1 pt. sour cream
2 c. mayonnaise
1 tsp. mustard
salt and pepper
Tabasco sauce
Worcestershire sauce

Mix well. Put into 2-quart greased casserole. Add crumbs on top. Dot with butter. Refrigerate until ready to bake at 350° for 30 minutes or until bubbly and hot. Goes well with Spinach Casserole and Ginger Apple Salad.

Emilie L. Yukna

FROSTED FISH

4 fish fillets
1/4 tsp. salt
pepper
1/2 c. mayonnaise
1 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce
2 egg whites
greased pan

Arrange 4 fish fillets on pan. Sprinkle with salt and pepper. Broil 10 minutes. While fish is broiling, mix together mayonnaise, lemon juice and Worcestershire sauce. Beat egg whites very stiff. Fold in above mixture. Remove fish from broiler. Spread mixture on fish. Put back under the broiler for just a few minutes, until puffed and brown. Serve at once. Serves 2.

Pearl Carnow

PEGGY'S SEAFOOD ALFREDO

1 lb. or more any combination of seafood (bay scallops, shrimp, cod or pollock)
4 medium onions, peeled and cut in fourths
1 lb. fresh sliced mushrooms
1/4-1/2 c. oil-cured olives (Greek; amount depends on flavor strength desired)
2-3 Tbsp. flour
1/2 c. dry white wine or vermouth
1 1/2-2 1/2 c. sour cream (depending on the wetness of sauce desired)

1 tsp. paprika
6 Tbsp. finely chopped parsley (fresh)
1/2 lb. dry linguine, cooked per pkg. directions

Lightly saute onions in butter. Add in mushrooms and continue to saute. While mushrooms are still in wet period, add Greek olives, then sprinkle over the flour and stir in well. Add wine and sour cream. Boil before adding seafood. Add seafood at lowered heat and cook until fish is cooked. Garnish with paprika and parsley. Add sauce to cooked linguine and serve. Nice with a salad and vegetable.

Paula Jean Yukna

SHRIMP CANTONESE WITH RICE

3 c. hot cooked rice
12 oz. peeled deveined shrimp
2 Tbsp. butter, margarine or oil
2 c. sliced celery
2 c. sliced onions
1 qt. spinach leaves
1 c. fancy Chinese vegetables
1/4 tsp. pepper
1/4 c. soy sauce
1 1/4 c. chicken broth
2 Tbsp. cornstarch

Use skillet or wok. While rice is cooking, saute shrimp in butter for 1 minute or until they turn pink. Add celery and onions. Cook, stirring 2 minutes. Add spinach and Chinese vegetables which have been drained. Cook 1 minute. Blend pepper, soy sauce, cornstarch and chicken broth; stir into shrimp and vegetable mixture. Cook, stirring until sauce is clear and thickened, about 2 minutes. Serve with rice.

Makes 6 servings.

Edith Prague, Connecticut State Representative, 8th District

SHRIMP CREOLE

1/3 c. diced celery
1/3 c. diced onion
1/3 c. diced green pepper
1 lb. tomatoes, chopped
1 tsp. parsley
1 bay leaf
1 lb. large or medium shrimp
1 pkg. frozen peas

Saute celery, onion and pepper in butter until

tender, approximately 10 minutes. Add tomatoes, parsley, bay leaf, salt and pepper to taste. Simmer 20 minutes.

Meanwhile, prepare frozen peas according to package directions, but do not cook completely. Prepare shrimp by putting into a pot of boiling water and removing as soon as it returns to a boil. Add shrimp and peas to vegetable mixture and cook for several minutes. Serve over rice and season with soy sauce.

Laurie R. Cavalieri

** EXTRA RECIPES **

** EXTRA RECIPES **

Vegetables

Thyme -
Thymus
Vulgaris

How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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VEGETABLES

BAKED BROCCOLI

2 pkg. frozen broccoli, cooked and drained, or equivalent fresh
2 eggs
1 tsp. chopped onions (dry) or 1 Tbsp. fresh, minced
1/2 c. milk
1/4 c. grated cheese
salt
pepper

Put cooled, cooked broccoli into well-greased 9-inch pie plate. Beat eggs; add onion, milk and grated cheese. Season with salt and pepper to taste. Spread evenly over broccoli. Cover top with cheese and bread crumbs. Bake at 350° for 35 minutes. Serve hot.

Faith Benson

BLACK-EYED PEAS AND STIR-FRY VEGETABLES
(A Vegetarian Main Course)

2 Tbsp. olive oil
1/4 c. parsley, chopped fine
1 clove garlic, chopped fine
1 medium onion, thinly sliced
1 green pepper, thinly sliced
2 medium-sized zucchini squash, thinly sliced
1 tomato, cored and cut into 16 wedges
1/4 tsp. thyme
1 (16 oz.) can black-eyed peas, drained
salt and pepper to taste

In a skillet, heat the oil. Add the parsley, garlic, onion, pepper and zucchini. Cook, stirring often, until zucchini is crisp-tender (10-15 minutes). Stir in tomatoes and thyme; heat. Fold in the black-eyed peas, salt and pepper. Heat, stirring carefully once or twice, so as not to break up peas. Serve at once. Makes 6 servings.

Can be used as a vegetarian main dish or a side dish to poultry or fish.

Mary Abrahamian

BROCCOLI CASSEROLE

1/4 c. chopped onion
4 Tbsp. butter or margarine

2 tsp. flour
1/2 c. water
8 oz. Cheddar cheese
2 pkg. chopped broccoli, thawed
3 well-beaten eggs
bread crumbs

Fry onion in butter in large skillet. Add flour and water. When thick, add cheese and mix. Add broccoli, then eggs. Pour into greased casserole and top with bread crumbs. Bake at 350° for 45 minutes.

Ruthe Boiczyk

CABBAGE GOURMET

1 small head cabbage
1/2 c. Chablis or other white dinner wine
1/2 c. chicken broth
1 Tbsp. wine vinegar
2 Tbsp. butter or margarine
1 Tbsp. instant minced onion
1/4 tsp. dried dill
1/2 tsp. salt
dash of pepper

Shred cabbage. Add remaining ingredients. Cover and simmer 12-15 minutes. Serve with pan liquid which may be thickened.

Dr. Naomi Dunn Eichenbaum

CARROT CASSEROLE

3 c. carrots, sliced and cooked
1 (10 1/2 oz.) can cream of celery soup (condensed)
1 c. Cheddar cheese, shredded
1/4 c. bread crumbs (fine and dry)
1 Tbsp. melted margarine

Mix carrots, soup and cheese together in a buttered baking dish. Mix crumbs and butter; sprinkle on top of carrots. Bake about 20 minutes in 350° oven, until crumbs are brown. Serves 6.

Emilie L. Yukna

CHINESE CELERY

4 c. celery, cut in 1-inch pieces
1 small can chopped pimientos
1 can cream of chicken soup
1 can water chestnuts, drained

Cook celery in small amount of salted water until almost tender. Drain and add pimientos, water chestnuts and soup. Place in casserole and top with slivered almonds and buttered corn flake or other cereal crumbs. Bake, uncovered, 20-30 minutes in 350° oven.

Quick and easy and a delicious accompaniment to any menu.

Louise McCrady

COPPER PENNIES
(Marinated Carrots)

2 lb. carrots, sliced diagonally
1 onion, diced
1 green pepper, diced
1 can tomato soup
1 c. sugar
1/2 c. oil
3/4 c. wine or regular vinegar
1/2 tsp. salt
1/2 tsp. pepper
2 tsp. dry mustard (optional)

Partially cook carrots and onion; boil 1 minute (keep to a crisp stage of cooking). Drain. Mix remaining ingredients and add carrots and onion. Let stand 12 hours or more before serving. Serve hot or cold as salad or vegetable. Keeps well in the refrigerator.

Pauline Alt

CORN CASSEROLE

1 c. creamed corn
1 pkg. Jiffy corn mix
1 small onion, chopped
1/2 c. milk
salt (to season)
Tabasco sauce (to season)
2 Tbsp. butter

Mix together and pour into greased 8 x 8-inch pan or casserole. Saute onion in butter and sprinkle over top. Cover with sour cream and sprinkle grated Cheddar cheese over all. Bake 25-30 minutes in 425° oven.

Bettina McCrady Sanderson

CORN PUDDING

1 1/2 c. milk or thin cream
2 c. cream-style canned corn
2 Tbsp. melted butter
1 Tbsp. sugar
1 tsp. salt
1/4 tsp. pepper
3 eggs, well beaten

Add milk, corn, butter, sugar and seasonings to eggs. Turn into greased casserole and bake in 350° oven for 45-55 minutes, until set.

One-fourth cup chopped green pepper or pimentos or 1/4 cup grated cheese or 1/2 cup of minced ham or 1/2 cup chopped mushrooms can be added for variety.

Frances Hunter

DILLED CUCUMBERS

1 large cucumber
1/2 c. white vinegar
1/2 c. sugar
1/4 c. water
1 tsp. salt
1/2 tsp. dill weed

Pare cucumber; score with a fork, then slice thin. Place in a medium-sized bowl. Combine the remaining ingredients in a small saucepan. Heat, stirring constantly, just to a boil. Pour over cucumber slices and cover. Chill at least an hour to season and blend flavors. This will keep in the refrigerator a couple of days, if they last that long.

Peggy Booth

HARVARD BEETS

12 small beets, cooked and sliced, or 1 can
1/2 c. sugar
1/2 Tbsp. cornstarch
1/4 c. water
1/4 c. vinegar
2 Tbsp. butter

Mix sugar and cornstarch. Add vinegar and water. Boil 5 minutes. Add beets and let stand 30 minutes. Bring to a boil and add butter.

Peggy Booth

HERBED CARROTS WITH TARRAGON

2 Tbsp. butter or margarine
2 Tbsp. water
1 tsp. sugar
4 c. quartered carrots
salt and pepper to taste
1 tsp. snipped parsley
1 tsp. fresh tarragon or 1/4 tsp. dried whole, crushed

In heavy saucepan, combine butter, water and sugar. Add carrots; cover tightly. Over low heat, cook 15-20 minutes, until tender. Add remaining ingredients and serve without draining.

Makes 6 servings.

Pauline Godfrey

HOLIDAY RICE

1 c. rice (not Minute)
1/4 c. onion, diced
1/2 c. green pepper, diced
1/4 c. butter
1 (17 oz.) can tiny peas
2 (4 1/2 oz.) jars mushrooms
2 chicken bouillon cubes
1 tsp. salt
1/8 tsp. pepper

Saute rice, onion and pepper in butter until rice gets golden brown. Drain peas and mushrooms. Save liquids and add enough water to make 2 1/2 cups of liquid. Add chicken cubes; heat until boiling. Put rice, onion, pepper, salt and pepper in casserole. Add liquid, peas and mushrooms. Bake at 350° for 40 minutes.

CT 22nd District Representative
Pauline R. Kezer

LOW CALORIE ACORN SQUASH WITH APPLESAUCE

1 acorn squash, halved
1 c. unsweetened applesauce
dash of cinnamon
dash of nutmeg

Place 1 inch of water in shallow baking pan. Remove seeds from squash and fill cavities with applesauce. Sprinkle with cinnamon and nutmeg. Bake in water in uncovered pan at 375° for 1 hour or until squash is tender. Makes 2 servings, with about 100 calories each.

Paula Jean Yukna

SAUTEED ASPARAGUS AND SNOW PEAS WITH HAZELNUTS

2 qt. water
2 lb. asparagus
1/2 lb. snow peas
1 1/2 c. hazelnuts
3 Tbsp. vegetable oil
1/2 c. chicken broth
2 Tbsp. salt
1/4 tsp. pepper

Bring the water to a boil; add 1 tablespoon of salt. Cut the asparagus into 2- to 2 1/2-inch pieces and blanch in hot boiling water for 5 minutes. Drain; run cold water over asparagus so it won't continue cooking. Pour oil in frying pan and heat until hot. Then add hazelnuts, salt and pepper. Saute for about 1 minute. Add asparagus and snow peas, stirring continuously to prevent burning. Pour in chicken broth and cook for 5 minutes or until tender. Adjust seasoning to taste.

U. S. Secretary of Health
and Human Services
Margaret M. Heckler

SNOW PEAS AND TOMATOES

2 Tbsp. butter
1 small onion, chopped (1/4 c.)
2 pkg. frozen snow peas
1 Tbsp. soy sauce
1 tsp. salt
1 tsp. oregano
3 red tomatoes, cut in wedges

Saute onion 1 minute in a large skillet. Add all but tomatoes and cook just until tender. Add tomatoes and cook 1 minute.

CT 150th District Representative
Dorothy K. Osler

SPINACH CASSEROLE

2 pkg. frozen chopped spinach
salt and pepper to taste
Ranch dressing
hard-cooked egg

Prepare ahead and refrigerate until ready to bake at 350° for 30 minutes.

Put frozen spinach in greased flat casserole. If defrosted spinach is too watery, drain slightly before baking. Mix 1 package of the Ranch dressing (milk included type), keeping on thick side. Cover spinach. Bake. Top with slices of egg for final touch before serving.

Emilie L. Yukna

SQUASH CASSEROLE

6-8 yellow summer squash, washed and scraped of any spots
4-6 Tbsp. margarine
salt and pepper
chopped onion
1 c. grated Cheddar cheese
plain or seasoned bread crumbs

Slice squash. Boil with small amount of water until tender, not mushy. Add margarine, salt and pepper to taste and chopped onion. Put in greased casserole dish. Top with grated Cheddar cheese. Sprinkle plain or seasoned bread crumbs over all. Bake 20-30 minutes in moderate oven or until cheese is melted.

This can be made ahead of time and heated in oven just before serving.

Frances Hunter

STUFFED TOMATOES

6 medium tomatoes
3 hard-boiled eggs
salt and pepper
1 Tbsp. mayonnaise
coarse cracker crumbs

Slice tops off tomatoes. Scrape out centers. Chop up centers with hard-boiled eggs. Season with salt, pepper and mayonnaise. Add coarse cracker crumbs (crumbled crackers, not ones you buy) to soak up juice and thicken. Let stand in refrigerator for a while before or after filling tomato shells.

Peggy Booth

SUMMER SQUASH CASSEROLE

1 (8 oz.) pkg. Pepperidge Farm stuffing mix
1/2 c. melted margarine
4-5 yellow summer squash or zucchini, or mixed

3 chopped onions
1 can condensed cream of chicken or celery soup
1 c. dairy sour cream
1-2 c. shredded carrots

Cook sliced squash and chopped onions in boiling water for 5 minutes; drain. Combine soup, sour cream and carrots. Fold in drained squash and onions. Combine stuffing mix and margarine. Spread 1/2 of mixture on bottom of 9 x 13-inch baking dish. Spoon vegetable mixture on top, then spread rest of stuffing on top. Bake at 350° for 25-30 minutes or until heated through and bubbly.

Fran Brautigam

SWISS GREEN BEANS

2 (9 oz.) pkg. frozen green beans (French cut)
2 Tbsp. butter
1 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1/2 medium onion, minced
1 tsp. sugar
1 c. sour cream
2 c. grated Swiss cheese flavored bread crumbs

Cook beans; drain. Melt butter; stir in flour, salt, pepper, onion and sugar. Add sour cream and stir until smooth over low heat. Remove and fold in cooked green beans. Spread in a greased oblong pan. Sprinkle cheese on top. Melt about 2 tablespoons butter and add about 1/2 cup bread crumbs. Brown and sprinkle lightly over the cheese. Bake, uncovered, at 375° for 20-30 minutes.

13th District CT Representative
Elsie "Biz" Swensson

ZESTY BROCCOLI CASSEROLE

2 (10 oz.) pkg. frozen chopped broccoli
1 can cream of mushroom soup (undiluted)
1 egg, beaten
1/4 c. milk
1/4 c. mayonnaise
1 Tbsp. horseradish
2 Tbsp. melted butter
1/4 c. cracker crumbs

Cook broccoli according to package directions (keep crisp); drain. Combine soup, cheese, egg, milk, mayonnaise and horseradish; stir into broccoli. Spoon

into a greased 2-quart casserole. Combine melted butter and cracker crumbs (coarse); sprinkle over broccoli mixture. Bake at 350° for 45 minutes.

Yield: 6-8 servings.

Peggy Booth

ZUCCHINI CASSEROLE

2 large zucchini
1 medium onion
1/2 stick butter
2 eggs
1/2 c. cream
1/3 c. Parmesan cheese
fresh ground pepper to taste

Scrub or peel and slice zucchini about 1/8 inch thick. Place in well-buttered casserole. Saute onion in butter and let cool. Add eggs and cream to onion. Mix well and pour over zucchini. Top with grated cheese; dot with butter. Bake at 400° until brown, for approximately 1/2 hour.

Dr. Naomi Dunn Eichenbaum

ZUCCHINI MARINARA

2 medium zucchini
1 large can S&W stewed tomatoes
1 large onion
1/2 c. Marsala wine
1/3 c. chopped parsley
3 cloves garlic
1/2 c. natural rice
2 Tbsp. olive oil
salt and pepper to taste
1/2 tsp. oregano

Saute chopped onion in oil; add minced garlic and cook until lightly browned. Add zucchini; stir-fry until crisp and tender in a covered pan, but watch carefully. Add wine. Simmer for a few minutes and add tomatoes, parsley, oregano, salt and pepper. Simmer for 5 minutes. Add rice and simmer in covered pan until rice is done, about 20 minutes. Serve as the vegetable with beef or pork, broiled either outside or indoors.

Lydia Oliver

** EXTRA RECIPES **

Breads

Caraway -
Carum
carvi

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BREADS

BANANA BREAD

2 c. flour
2 tsp. baking soda
2 tsp. cinnamon
1/2 tsp. salt
1 c. Wesson oil
1 tsp. vanilla
1 1/2 c. sugar
3 eggs
2 c. mashed bananas or grated carrot
1/3 c. walnuts

Sift together flour, baking soda, cinnamon and salt. Mix remaining ingredients together in large bowl. Add sifted ingredients until blended. Pour into well-greased and floured pan. Let stand 20 minutes. Bake at 350° for 1 hour. Makes 2 loaves.

Beverly B. Byron
House of Representatives
6th District, Maryland

BANANA ROLL

2 eggs
1 slice bread (white, Italian, whole wheat, etc.)
2/3 c. dry nonfat milk
1 banana
2 pkg. Sweet 'N Low (optional)
1/2 tsp. cream of tartar
1 tsp. baking soda
1 tsp. vanilla

Put all ingredients into blender, being sure to break bread and banana into small pieces beforehand. Blend until smooth. Pour onto a Teflon baking sheet or spray a sheet with nonstick cooking spray. Bake for 10 minutes at 350°. Let cool.

Note: Make sure that mixture is spread evenly on sheet.

Filling:

8 oz. part skim Ricotta cheese
1 tsp. vanilla
2 pkg. artificial sweetener (optional)

Mix cheese, vanilla and sweetener. Spread over

cooled roll. Roll up long way as a jelly roll is done. Cut in half. This makes 2 Weight Watchers lunches. Can be frozen.

Emilie L. Yukna

BARB'S MANDEL BREAD

3/4 c. oil
1 c. sugar
3 eggs
1/4 c. orange juice
3 tsp. baking powder
pinch of salt
3 1/4 c. flour
1 tsp. vanilla
1 bag mini chocolate chips (optional)
1/2 c. chopped nuts (optional)
1/2 c. coconut (optional)

Mix all above together. Refrigerate for 1/2 hour. Put foil on cookie sheet and then lightly oil or Pam. Make 2 loaves; shape by hand, long and thin. Bake at 350° for 35-40 minutes. Slice while still warm.

Dry but delicious with cocoa, coffee or tea. Best with chips at least.

Emilie L. Yukna

BLINTZES
(Never-Fail Old-Fashioned Recipe - Exact Proportions)

1 lb. farmer cheese
1 egg
1 Tbsp. sugar
1 Tbsp. sfot butter
pinch of salt
2 eggs
1/2 tsp. salt
1 tsp. sugar
1 c. water
1 Tbsp. melted butter
1 c. flour, sifted with 1/4 tsp. baking powder

Press farmer cheese through ricer or a fine strainer. Mix with 1 egg, 1 tablespoon sugar, 1 tablespoon soft butter and pinch of salt. This is filling. Set aside until used.

For batter, beat 2 eggs until light and foamy. Add salt, sugar, water, melted butter, flour and baking powder; beat until smooth. Drop this batter, 2 tablespoons at a time, onto greased 5-inch frying pan on medium heat. Tip pan so batter spreads thinly over entire pan. Pour off excess. Bake 1 side until top is dry and starts to blister. Turn out onto board. Fill with 1 tablespoon filling. Roll and fold in sides. Refrigerate or freeze.

When ready to serve, brush tops with melted butter. Bake at 400° for 1/2 hour. Serve with sour cream, blueberries, etc.

Emilie L. Yukna

BLU'BANA BREAD

2 sticks butter
2 c. sugar
4 eggs
2 tsp. vanilla
5 medium-sized mashed bananas
2 c. flour
2 c. flour
3 tsp. allspice
2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
2 c. fresh or frozen blueberries

Preheat oven to 325°. Grease and flour 2 loaf pans. Cream together sugar and butter; beat in eggs. Add vanilla. Fold in bananas and first 2 cups of flour. Measure second 2 cups of flour and remove 2 tablespoons to coat blueberries well with. To rest of flour in a sifter, add allspice, baking soda, baking powder and salt. Sift and fold into first mixture. Fold flour-coated blueberries into the batter. Divide the batter into the 2 prepared loaf pans and bake for approximately 50 minutes. Test with toothpick to determine when done.

Former First Lady, Betty Ford
(Mrs. Gerald Ford)

BOSTON BROWN BREAD

1 1/2 c. whole wheat flour
1/2 c. rye flour
1 c. cornmeal
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. salt
2 c. buttermilk
1/4 c. whole or skim milk
1/2 c. blackstrap molasses
1/2 c. raisins
1/2 c. chopped toasted sunflower seeds

Takes at least 3 hours to cook, so start early. Grease and dust with cornmeal or flour, one 2-pound coffee can or three 20-ounce cans or five 12-ounce cans.

Mix dry ingredients. Mix liquids separately

with seeds and raisins. Add liquid to dry, stirring just enough to moisten thoroughly. Fill cans 2/3 full. Cover cans with greased foil or heavy greased paper and secure with rubber bands. Set cans in a large pot on top of a trivet or rack and fill pot with boiling water halfway up cans. Cover pot and let bread steam on very low heat for 3 hours (2 for small cans).

Let bread cool at least 1 hour before removing from cans. Keeps well in refrigerator well wrapped in foil. Can be reheated and served again. Microwave reheating works well. Well worth the effort!

Paula Jean Yukna

DEVILED BREAD STICKS

24 Italian bread sticks (I use larger size)
2/3 stick butter
2 cloves finely minced garlic
3 Tbsp. Worcestershire sauce
1 scant tsp. salt

Melt butter in skillet with garlic, Worcestershire sauce and salt. Turn heat low. Fill bottom of skillet with bread sticks and turn to coat all sides. Saute 2-3 minutes, turning constantly. Transfer to cookie sheets. Repeat until all are coated. Put sheet in lowest possible oven for 45 minutes.

Wonderful with soup or salad.

Faith Benson

DIET CENTER BRAN MUFFINS

2 apples, chopped
3 eggs
1/2 c. water
1 tsp. baking soda
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. baking powder
1/4 tsp. almond extract (optional)
sweetener to taste

Mix all of the above ingredients well in a blender. Pour into a bowl and stir in 2 cups unprocessed bran. Spoon into muffin tins that have been sprayed with Pam. Bake at 400° for 20 minutes.

Makes 12.

Helen Garabedian

DO-AHEAD BRAN MUFFINS

1 c. water
2 c. Bran Buds
1 1/2 c. sugar
1/2 c. Crisco
2 eggs, beaten
1 pt. buttermilk
1 c. all-bran
2 1/2 tsp. soda, dissolved in buttermilk
1 tsp. salt
2 1/2 c. flour
raisins, dates, nuts (optional)

Pour water over Bran Buds. Let stand 1 hour. Cream sugar and Crisco; add eggs. Add Bran Buds, buttermilk and all-bran. Mix dry ingredients and add to above. Add raisins, dates or nuts as desired. Bake as many as you need at 375° for 20-25 minutes. Keep the rest of the mixture tightly covered in the refrigerator up to 6 weeks.

Great for gift giving in refrigerator containers.

Peggy Booth

ENGLISH MUFFIN LOAF

6 c. unsifted flour
2 pkg. dry yeast
1 Tbsp. sugar
2 tsp. salt
1/4 tsp. baking soda
2 c. milk
1/2 c. water
cornmeal

Combine 3 cups flour, undissolved yeast, sugar, salt and baking soda. Heat milk and water until very warm (not boiling). Add to dry ingredients and beat well. Stir in remaining 3 cups flour to make stiff batter. Spoon into two 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; let rise in a warm place free from drafts for 45 minutes. Bake at 400° for 25 minutes. Remove from pans and cool.

Dr. Naomi Dunn Eichenbaum

GRANDMA'S CORN MUFFINS

1 egg
1 c. plus 2 Tbsp. milk
1/4 c. sifted flour
1 1/4 c. corn meal
2 Tbsp. sugar
3 tsp. baking powder
3 Tbsp. soft shortening
1 tsp. salt (optional)

Heat oven to 450°. Generously grease muffin cups. Beat egg. Add rest of ingredients and mix with spoon just until smooth. Pour or spoon batter into muffin cups until almost full. Bake 12-15 minutes. Serve hot with butter. Makes 12 medium muffins.

Emilie L. Yukna

HI-PROTEIN LO-CAL IRISH SODA BREAD

2 1/2 c. self-rising all-purpose flour
1/2 c. lowfat soy flour (soy powder)
1/4 c. granulated sugar substitute (optional)
1 tsp. baking soda
1 1/4 c. buttermilk, sour milk or yogurt
5 Tbsp. raisins

Combine all ingredients except milk and raisins in a mixing bowl; stir well to blend evenly. Stir in raisins. Stir in milk. Scrape batter out of bowl and pile in the middle of a nonstick cookie sheet. Rub a little salad oil into your hands so batter won't stick, then pat and shape the batter into a smooth round loaf. Bake in preheated 350° oven for 45 minutes. Serve warm or cool. Makes 40 slices, 39 calories each.

To serve, cut loaf in half, then slice thinly. Freeze the other half if you wish.

Helen Garabedian

HOLIDAY RAISIN BREAD

5 lb. flour
6 eggs
1/2 lb. butter
2 1/2 c. sugar
2 yeast cakes or envelopes
1 qt. milk
1 lb. seedless raisins
1 Tbsp. salt
1 Tbsp. vanilla

Scald milk and add butter. When butter is melted, add sugar and vanilla; stir and let cool. Dissolve yeast in 3/4 cup warm milk or water. Soak raisins in warm water for 15 minutes. Put flour and salt in mixing bowl; make a well in the middle. Add yeast, lukewarm milk and butter; mix with flour. Beat eggs and add to this mixture along with drained raisins. Continue mixing with a spoon and then use your hands to knead well. Form in a ball and let rise

in a warm place for 1 hour. Punch dough down and cut into 5 loaves. Put in greased bread pans and let rise again. Brush tops of loaves with a beaten egg. Place in 350° oven for 3/4 hour or until top is brown.

Superintendent of New Britain Schools
Dr. Marie S. Gustin

HONEY-APRICOT YOGURT BREAD

2/3 c. dried apricots
1 1/4 c. plain or vanilla yogurt
2/3 c. Post Grape-Nuts cereal
1 3/4 c. unsifted all-purpose flour
1 1/4 tsp. Calumet baking powder
1 tsp. salt
1/2 tsp. baking soda
2/3 c. firmly packed brown sugar
1 egg, well beaten
3 Tbsp. shortening, melted
1/4 c. honey

Cook apricots as directed on package; drain and cool, then chop finely. Mix yogurt with cereal. Mix flour with baking powder, salt, soda and sugar. Add egg, shortening and honey to cereal mixture and mix well. Add flour mixture and stir just to moisten flour. Stir in apricots. Pour into greased 8 x 4-inch loaf pan. Bake at 350° for about 50 minutes. Cool in pan 10 minutes. Remove from pan and finish cooling on rack. Wrap and store overnight before slicing.

Dr. Naomi Dunn Eichenbaum

QUICK ORANGE ROLLS

3 pkg. Pillsbury buttermilk biscuits
3/4 c. sugar
1 scant stick butter
grated rind of 1 orange

Melt butter in saucepan. Stir in sugar and stir until melted. Use low to medium heat; be careful not to burn. Remove from heat and cool. Add grated orange rind. Take the biscuits and separate biscuits, dipping each one in the sauce and then put into a greased Bundt pan. Stack evenly in layers around the pan, overlapping the biscuits. Bake at 350° for 20-25 minutes. Turn out onto a plate and slice or break apart. Serves 12.

Emilie L. Yukna

YANKEE MAGAZINE REFRIGERATOR BRAN MUFFINS

2 c. boiling water
2 c. all-bran
1 c. raisins
2 c. sugar
1/2 c. honey
1 c. plus 3 Tbsp. shortening
4 eggs
1 qt. buttermilk
4 c. all-bran
6 c. flour
5 tsp. baking soda
2 tsp. salt

Stir together and set aside the boiling water, all-bran and raisins. Cream together sugar, honey and shortening. Add eggs and beat well. Add bran and raisin mixture. Add the dry bran (4 cups) and mix. Sift flour, baking soda and salt; add and blend well. Cover tightly and store in refrigerator. Will keep 6 weeks.

To bake, spoon into greased muffins without stirring and bake 16-20 minutes at 400°.

Have fresh muffins every morning!

Emilie L. Yukna

ZUCCHINI BREAD

3 eggs
1 c. oil
2 c. brown sugar
2 c. coarsely grated zucchini (including skin)
2 c. flour
1/4 tsp. baking powder
3 tsp. cinnamon
2 tsp. soda
1 tsp. salt
3 tsp. vanilla
1 c. walnuts, chopped

Beat eggs; add sugar, oil and zucchini. Sift dry ingredients and add to the above. Then add vanilla and nuts. Bake at 350° for 1 hour, more or less, in greased and floured pans.

Yield: Two 5 x 9-inch loaves or 3 smaller.

Fran Brautigam

ZUCCHINI-WALNUT BREAD

1 c. walnuts
4 eggs
2 c. sugar
1 c. vegetable oil
3 1/2 c. flour
1 1/2 tsp. baking soda

1 1/2 tsp. salt (I omit salt)
1 tsp. cinnamon
3/4 tsp. baking powder
2 c. grated zucchini
1 tsp. vanilla

Chop walnuts into medium-sized pieces. Beat eggs; gradually beat in sugar, then oil. Combine dry ingredients; add to first mixture alternately with the zucchini. Stir in walnuts and vanilla. Turn into 2 greased and lightly floured loaf pans (9 x 5 x 2 1/2 inches). Bake on lowest rack at 350° for approximately 55 minutes, until loaves test done. Let stand about 10 minutes. Turn out on wire racks to cool. If desired, loaves may be lightly glazed with cream cheese or sour cream frosting. Yield: 2 loaves. This bread freezes well.

Elaine Zembko

** EXTRA RECIPES **

** EXTRA RECIPES **

Desserts

Spearmint -
Mentha
spicata

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks

1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

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AMARETTO TORTONI

2 egg whites
1 Tbsp. sugar
1 c. heavy cream
6 Tbsp. Amaretto (or hazelnut is equally delicious)
1 Tbsp. chopped toasted almonds or pecans

In a small bowl, beat egg whites until foamy; gradually add sugar, beating until stiff, glossy peaks form. In another bowl, whip cream with Amaretto. Gently fold egg whites into cream. Line muffin pans with 2 1/4-inch paper cups; spoon mixture into cups. Sprinkle with almonds or pecans. Freeze until firm.

Serves 12. Delicious with your holiday cookies.

Emilie L. Yukna

AMBROSIA

2 c. mandarin oranges
2 c. crushed pineapple
1/2 c. cherries, cut up
2 c. tiny marshmallows
2 c. sour cream
1 c. coconut

Mix all ingredients together and chill.

Helen Argazzi

AMBROSIA

6-8 oranges
1 coconut, grated
sugar to taste
1/2 pt. heavy cream
1 tsp. vanilla or orange liqueur

Peel oranges and take out sections. Combine orange sections and grated coconut. (You can use canned coconut in an emergency.) Add sugar to taste and let it stand for a few hours in the refrigerator. Spoon into dessert dishes and top with sweetened whipped cream, seasoned with vanilla or orange liqueur.

Frances Hunter

APPLE CAKE

1 1/2 c. oil
2 c. sugar
3 eggs
2 tsp. baking soda

2 tsp. salt
2 tsp. vanilla
3 c. flour
1/2 c. coconut
3 c. apples, chopped
1 c. raisins
1 c. walnuts, broken

Mix ingredients from oil through flour. Add coconut, apples, raisins and nuts. Bake in 325° oven for 1 1/2 hours.

United States Representative
Claudine Schneider
Rhode Island

APPLESAUCE SQUARES

2 c. applesauce
1 c. oil
2 c. sugar
4 c. flour
2 tsp. salt
2 tsp. soda
2 tsp. nutmeg
2 tsp. cinnamon
1 c. or more raisins
1 c. walnuts

Topping:

1 or 2 c. confectioners sugar
2 Tbsp. hot water
1 tsp. lemon flavoring

Mix applesauce, oil and sugar, then add all ingredients except raisins and walnuts which are stirred in last. Bake in jelly roll pan 15 x 10 x 1 1/2 inches at 350° for 20-25 minutes.

For topping, mix ingredients to glaze consistency. Spread over cake while warm.

Diana Drachenberg

BAKED GRAHAM CRACKER PIE SHELL

1 1/3 c. graham cracker crumbs (about 19)
1/4 c. sugar
1/4 tsp. nutmeg
1/4 c. soft butter or margarine

Preheat oven to 375°. In medium bowl, combine crumbs with sugar and nutmeg; mix well. With back of wooden spoon or fingers, rub in butter until well combined. With fingers, press mixture evenly on the

bottom and sides of 9-inch pie plate, not on rim. Bake 8 minutes or until golden brown. Cool on wire rack before using.

Sharon O'Brien

BAKLAVA

1 lb. phyllo dough (strudel leaves)
1 1/2 lb. walnuts, chopped
3/4 c. sugar
1 tsp. cinnamon
grated rind of 1 orange
1 lb. butter

Syrup:

2 c. water
2 c. sugar
1/2 c. honey
1 cinnamon stick
3 lemon slices

Mix nuts, sugar, cinnamon and orange rind well. Melt butter and brush a 13 x 9-inch pan. Place 1 layer of phyllo in pan, allowing ends to extend over pan. Brush with melted butter. Repeat with 4 sheets of phyllo. Sprinkle heavily with nut mixture until all ingredients are used. Be sure to reserve 4 sheets for top to be brushed with butter. Trim edges with sharp knife. Cut through top with diagonal lines to form diamond shapes. Bake in 400° oven for 15 minutes. Lower oven to 300° and continue to bake for 40 minutes. Should be golden brown in color.

Meanwhile, combine and boil syrup ingredients for 10 minutes. Pour syrup over hot phyllo mixture and let stand overnight before serving.

Baklava should rest for 24 hours before removing from pan. Serves 24. Will keep refrigerated for weeks or can be frozen.

United States Representative
Olympia J. Snowe
2nd District, Maine

BANANA SPLIT CAKE

2 c. graham crackers, finely crumbed
1 stick oleo
2 c. confectioners sugar
1 stick oleo
2 eggs
1 (8 oz.) pkg. cream cheese

3-4 bananas
1 large can crushed pineapple, drained
1 large carton Cool Whip

Mix crackers and 1 stick oleo; pat into a 9 x 13-inch pan. Combine sugar, 1 stick oleo, eggs and cream cheese. Beat 15 minutes. Spread over crumb crust. Slice bananas and place over cream mixture. Spread crushed pineapple on top. Cover with Cool Whip. Refrigerate several hours before serving.

Frances Brautigam

BAKED APPLE PUDDING

cinnamon
2 or 3 large tart apples
1 c. brown sugar
1 beaten egg
1/2 c. milk
1/4 c. sugar
1 Tbsp. melted butter
3/4 c. flour
1/4 tsp. salt
1 1/2 tsp. baking powder

Slice apples; cover with brown sugar and sprinkle with cinnamon. Put in oven in pudding dish. Sift flour, salt and baking powder. Mix with the other ingredients into a batter and pour over apples which will now be warm. Bake until apples are soft, about 1/2 hour, at 350°. Invert each helping so that apples are on the top. Serve with whipped cream or foamy sauce.

Marge Tuttle

BARTLETT PEAR PIE

pastry for 9-inch lattice crust
5 large pears or 1 (29 oz.) can pear halves, drained and sliced thin
1 egg, beaten
1 Tbsp. butter
3/4 c. sugar
1/2 tsp. nutmeg
1 tsp. grated lemon peel
1/2 c. raisins
1/2 c. sliced almonds

In small bowl, combine beaten egg, sugar, lemon peel and raisins. Fold in sliced pears. Place in pastry-lined pie plate. Sprinkle 1-2 tablespoons tapioca pudding in bottom of pie to absorb juice. Pour in pear mixture. Sprinkle top of mixture with almonds before putting on lattice top. Bake pie in 400° oven

for 35 minutes or until crust is golden brown. Turn oven down to 350° if crust is browning too fast.

Helen Argazzi

BESS TRUMAN'S OZARK PUDDING

1 egg, well beaten
3/4 c. sugar
1 c. chopped apples (don't pack the cup)
1 tsp. vanilla
1/3 c. flour
1 1/4 tsp. baking powder
dash of salt (can be omitted)
1 c. chopped walnuts

Add the sugar gradually to the beaten egg. Then add all the ingredients to the egg-sugar mix. Pour into a greased 8 x 8-inch pan. Bake at 350° for 30-35 minutes. Can be served warm or cold in sherbet glasses. Top with whipped cream if desired.

Paula Downie

BLUEBERRY CHEESECAKE

2 c. graham cracker crumbs
1/2 c. sugar
2/3 c. melted butter
3 (8 oz.) pkg. cream cheese
4 eggs
1 c. sugar
1 1/2 tsp. vanilla
1 pt. blueberries
1/4 c. water
1 tsp. cornstarch, mixed with 2 Tbsp. water

Mix crumbs, butter and sugar. Press into large spring-form pan. Press about 2 inches up sides also. Beat cheese, eggs, sugar and vanilla about 20 minutes, until smooth. Pour into crust. Bake 30 minutes; cool. Chill overnight. Combine berries, water and cornstarch; simmer 1 minute. Cool. Spread on chilled cheesecake.

A make-ahead favorite!

136th District CT State Representative
Julie Belaga

BLUEBERRY DESSERT

16 graham crackers, crushed fine
1/4 c. melted butter or oleo
1/2 c. powdered sugar
2 eggs, beaten light
1/2 c. sugar
1 (8 oz.) pkg. cream cheese

1 can blueberry pie mix
1 tsp. lemon juice
1 c. whipping cream
1/2 tsp. vanilla
1 tsp. sugar

Mix crushed crackers with melted butter and powdered sugar. Pat mixture into a 9 x 12-inch pan, sides and bottom. In a bowl, mix cream cheese with beaten eggs and sugar. Beat until smooth. Spread over crust. Bake at 350° for 20 minutes. Cool thoroughly. Mix blueberry mix and lemon juice; spread over top. Chill. When ready to serve, spread on whipped cream beaten with vanilla and sugar.

Faith Flugrad

BOILED COOKIES

2 c. sugar
3 Tbsp. cocoa or
1 sq. chocolate
1/2 c. margarine
1/2 c. milk
1/2 c. peanut butter
3 c. uncooked rolled oats
(you may need 4 c.)

Combine the first 4 ingredients in saucepan. Bring to boil and boil 2 minutes. Add peanut butter and oats. Drop by teaspoonfuls on waxed paper. Cool. Yield: 6 dozen.

Dorothy L. Quigley

BRAMBLES

1 c. chopped seeded raisins
grated rind and juice of 1 lemon
1 egg
1 c. sugar
2 rolled crackers
small piece of butter
2 Tbsp. hot water

Cook over low heat until mixture thickens; cool. Make crust as for 2 pies. Roll and cut circles with coffee can top. Place spoonful of mixture in center. Moisten edges of pastry with water; fold over half of circle. Crimp edges with a fork to seal. Prick tops with fork. Bake at 350° until golden brown.

Marge Tuttle

CAROL'S CHIP COOKIES

3/4 c. butter or margarine, melted
1 c. sugar
1/2 c. packed light brown sugar
1 tsp. vanilla
2 eggs
2 c. unsifted all-purpose flour
1 tsp. baking soda
1 c. butterscotch chips
1 c. chocolate chips

Melt butter or margarine. Mix sugar, brown sugar and vanilla into butter until light and fluffy in large mixing bowl. Add eggs; beat well. Combine flour and baking soda; add to creamed mixture. Stir in both chips. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake at 350° for 10-12 minutes or until lightly browned. Cool slightly before removing from cookie sheet. Makes about 5-6 dozen.

Carol O. Peterson

CAROL'S SUPER CHEESECAKE

1 lb. cream cheese, softened
1 1/2 c. sugar
4 eggs, slightly beaten
1 1/2 tsp. lemon juice
1 tsp. vanilla
1/2 c. butter, melted and cooled
3 Tbsp. cornstarch
3 Tbsp. flour
1 qt. sour cream

Heat oven to 350°. Grease a 9-inch spring-form pan. With an electric mixer, beat the cream cheese at high speed. Gradually beat in the sugar, then the eggs, a little at a time. At low speed, beat in the cornstarch, flour, lemon juice and vanilla. Beat in the melted butter and sour cream.

Pour into the greased pan. Bake 1 hour or until firm around the edges. Turn off the oven. Let the pan stand in the oven for 2 hours. Then remove and let it cool on the counter at least 2 hours. Refrigerate the cheesecake for 3 hours or until well chilled.

To remove cake from pan, run a spatula around the sides of the cake and then release the clips of the spring-form pan. Leave the bottom of the pan in place on the cake and place the cake on a serving plate.

Carol O. Peterson

CARROT CAKE

1 c. sugar
1 c. Mazola oil
3 eggs
1 tsp. salt
1 1/3 c. flour
1 1/3 tsp. baking soda
1 1/3 tsp. baking powder
1 1/3 tsp. cinnamon
2 c. grated carrots
1/2 c. chopped nuts
3/4 c. raisins

Combine sugar and oil with electric mixer. Add eggs, one at a time, beating well. Fold in carrots, raisins and nuts. Put in greased layer cake pans or a 13 x 9 x 2 1/2-inch pan. Bake in 300° oven for 1 hour. When cool, spread with icing made of the following, blended well:

1 (8 oz.) pkg. cream cheese
1/2 c. margarine
1/2 box powdered sugar
2 tsp. vanilla

Sharon O'Brien

CHEESE CAKE

1 2/3 c. graham cracker crumbs
1/4 c. sugar
1/4 c. softened butter
1 c. sugar
3 eggs
1 pt. heavy cream
1 tsp. vanilla
3 large (8 oz.) pkg. cream cheese (room temperature)

Mix together first 3 ingredients and press into spring pan. To softened cheese, add sugar; cream together. Add eggs and mix until soft. Then add heavy cream and vanilla. Pour over base. Bake at 350° for 1 hour. Shut oven off and let stand in oven for 1 hour. Then cool in pan for 4 hours before topping.

Topping (Comstock filling): For cherry, add 1/2 teaspoon almond extract. For pineapple, add nothing. For blueberry, add 1/2 teaspoon lemon extract. For strawberry, add nothing.

Sharon O'Brien

CHEESE CAKE

Crust:

20 graham crackers, crushed
1/4 c. sugar
1/4 c. soft butter

Filling:

1/2 c. sugar
2 eggs
9 oz. cream cheese (Philadelphia brand; 3 small pkg.)
1/2 c. processed sour cream

Topping:

1 1/2 c. sour cream
6 Tbsp. sugar
1 tsp. vanilla

Blend cream cheese and sour cream. Mix eggs and sugar; add to cheese mixture and stir until smooth. Bake 20 minutes at 350°.

Mix topping ingredients. Pour over other layer when it is cool or seems well jelled. Bake 5 minutes at 475°. Yield: 8 servings.

Marilyn M. Roche
Connecticut State Representative
142nd District

CHEESE PIE

1 stick butter (cool)
1 1/2 c. sugar
1 Tbsp. vinegar
3 eggs, stirred (not beaten)
2 tsp. vanilla
1 tsp. corn meal
1 tsp. American cheese, finely grated

Cream sugar and butter. Add eggs, corn meal, vanilla, vinegar and cheese. Pour into 9-inch unbaked pie shell. Bake 55-60 minutes in preheated 325° oven. Serve with whipped cream, ice cream or plain.

Yield: 6-8 servings.

Frances Hunter

CHERRY DELIGHT

Crust:

2 c. graham cracker crumbs
2 Tbsp. sugar
1 stick margarine, melted

Filling:

3 pkg. Dream Whip
3/4 c. confectioners sugar
1 (8 oz.) and 1 (3 oz.) pkg. cream cheese

Topping: 1 can prepared cherry pie filling (1 pound and 6 ounces).

Mix ingredients for crust and pat into bottom of 13 1/2 x 8 1/2-inch pan.

Prepare Dream Whip according to directions. Thoroughly beat cream cheese and confectioners sugar. Fold into the prepared Dream Whip and pour over the crust.

Spread the cherry pie filling over the filling. Refrigerate at least 4 hours or overnight. Freezes very well.

Charlotte T. Emery

CHERRY NUT CAKE

1 c. walnuts or pecans
1 (2-layer) pkg. white cake mix
3/4 tsp. vanilla
1 (8 oz.) carton frozen non-dairy whipped topping, thawed
1 (1 lb. 5 oz.) can cherry pie filling

Coarsely chop 1/4 cup of walnuts and set aside. Chop remaining nuts fine. Prepare cake mix as the package directs, adding vanilla and 3/4 cup nuts. Bake in two 9-inch layer cake pans. Cool 12 minutes and invert on wire racks until cooled. Spread a 1-inch wide ring of topping on outer edge of each layer. Spoon pie filling in center of each. Stack layers on serving plate; spread remaining topping on sides of cake. Sprinkle reserved nuts on cake top.

Makes 12 servings.

Helen Argazzi

CHOCOLATE-COVERED CHERRY COOKIES

1 1/2 c. flour
1/2 c. unsweetened cocoa powder
1/4 tsp. salt
1/4 tsp. baking soda
1/4 tsp. baking powder
1/2 c. butter or margarine
1 c. sugar
1 egg
1 1/2 tsp. vanilla
1 (10 oz.) jar maraschino cherries

Frosting:

1 (6 oz.) pkg. semi-sweet chocolate bits
1/2 c. Eagle Brand sweetened condensed milk

Mix dry ingredients together. Beat butter and sugar until fluffy. Add egg and vanilla; beat well. Gradually add dry ingredients. Blend well. Shape dough into 1-inch balls. Press center with thumb. Drain cherries, saving juice. Place a cherry in center of each cookie.

Frosting: In a saucepan, combine chips and condensed milk. Heat until chocolate melts. Stir in 4 tablespoons cherry juice. Spoon 1 teaspoon over each cherry on cookies. (Frosting may be thinned with more juice if needed.) Spread to cover cherry. Bake at 350° about 10 minutes or until done. Cool on wire rack. Yield: 48 cookies.

Helen Argazzi

CHOCOLATE DIAMONDS

1 sq. unsweetened chocolate
1/2 c. granulated sugar
1/4 c. butter
1 egg (unbeaten)
1/4 c. sifted flour
dash of salt
1 tsp. vanilla
1/3 c. finely chopped nuts

Melt chocolate and butter over hot water. Remove from heat and add remaining ingredients except nuts. Spread into 2 greased 8 x 8 x 2-inch pans. Sprinkle with nuts and bake in hot oven, 400°, for about 12 minutes. Cool slightly and cut in 1 1/2-inch squares or diamonds in pan. When cold, remove to wire racks.

Dorothy L. Quigley

CHOCOLATE MINT CAKE

1 c. sugar
1 stick butter
4 eggs
1 c. flour
1/2 tsp. salt
1 (16 oz.) can Hershey's chocolate syrup
1 tsp. vanilla
2 c. confectioners sugar
1 stick butter
4 Tbsp. green creme de menthe
6 oz. chocolate chips
6 Tbsp. butter

Cream 1 cup sugar, 1 stick butter, eggs, flour and salt. Add chocolate syrup and vanilla. Pour in greased and floured 9 x 13-inch pan. Bake at 350° for 30 minutes. Cool.

Mix confectioners sugar, 1 stick butter and creme de menthe until smooth. Spread on cake. Melt in double boiler the chocolate bits and 6 tablespoons butter. When smooth, let cook and then spread on creme de menthe layer.

United States Representative
Marjorie S. Holt, Maryland

CHOCOLATE POUND CAKE

1 c. butter
1/3 c. shortening
3 c. sugar
5 eggs
3 c. flour
1/2 tsp. baking powder
1 tsp. salt
4 Tbsp. cocoa
1 c. milk
1 1/2 tsp. vanilla

Heat oven to 325°. Cream together butter and shortening; add sugar and beat until fluffy. Add the eggs, one at a time, mixing after each. Sift flour, baking powder, salt and cocoa; add to mixture alternately with milk and vanilla. Pour into greased tube pan. Bake for 1 hour and 20-30 minutes. Ice while hot. Makes 12-16 servings.

Note: I turn cake over immediately after taking out of oven to keep it from falling.

Icing:

1/4 c. margarine or butter
3 Tbsp. cocoa
3 1/2 c. sifted powdered sugar

milk
1 tsp. vanilla

Melt butter; add cocoa. Add sifted powdered sugar and enough milk to make it creamy. Add vanilla and pour over hot cake.

United States Senator
Nancy Landon Kassebaum
Kansas

CHOCOLATE SQUARES

1 German chocolate cake mix
1 egg
1/3 c. butter
6 oz. semi-sweet chocolate bits
1 jar caramel topping
3 Tbsp. flour

Mix cake mix, egg and butter, reserving 1 cup for top. Press the rest in a brownie pan. Bake 8-10 minutes at 350°.

Sprinkle chocolate bits on top. Mix caramel topping with flour and pour over the chocolate bits. Sprinkle with nuts if desired and top with the reserved cake mix mixture. Bake at 350° for 15-20 minutes. Cool and cut into squares.

Ruthe Boiczyk

CHRISTMAS CHEWS

1 c. sugar
1/2 c. shortening
2 eggs
1 c. flour, sifted
1/4 tsp. salt
1 tsp. vanilla
1/2 tsp. almond flavoring
1 c. dates, cut
1/2 c. cherries
2 Tbsp. cherry juice
1/2 c. chopped nuts

Cream sugar and shortening. Add eggs and dry ingredients. Add fruit and flavoring. Bake in greased 9-inch square pan at 350° for 30 minutes. Sprinkle with confectioners sugar.

Charlotte Emery

COMPANY PIE

1/2 c. raisins
1/2 c. walnuts
1 tsp. vinegar
1/2 c. butter

3/4 c. sugar
2 eggs
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1 (9-inch) unbaked pie shell

Mix raisins, nuts and vinegar; let stand. Combine butter, sugar and eggs; beat until thick. Beat in spices and salt; stir in raisin mixture. Pour mixture into unbaked pie shell and bake at 400° for 30-35 minutes. Garnish with whipped cream or vanilla ice cream.

This is similar to pecan pie. It is quickly made from things on hand. Make 2 and freeze 1 for company.

Pam Freiheit

CREAMY CHEESECAKE

4 eggs
1 c. sugar
1 Tbsp. cornstarch
1 3/4 lb. cream cheese, softened
1/2 c. heavy cream
2 c. sour cream
1 tsp. vanilla
1/2 tsp. lemon or almond extract
sugar cookie dough or graham cracker crust

Beat eggs until thick. Add sugar and cornstarch; mix well. Break up cream cheese and add with heavy cream and remainder of ingredients; blend well. Wrap foil around bottom of spring-form pan. Grease pan and line with crust of your choice. Bake until middle is set at 375°, approximately 45 minutes.

CT 61st District Representative
Ruth C. Fahrbach

DATE AND NUT BARS

3/4 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 c. sugar
1 c. dates, cut up
1 c. nuts, cut up
2 large eggs

Sift flour, baking powder and salt. Add sugar, dates and nuts; mix. Add eggs and mix. Place in greased and floured 9 x 9 x 2-inch pan. Bake for 30 minutes at 325°. Cut into squares. Roll in confectioners sugar while warm. Freezes well.

Bea Litsky

DUMP CAKE

1 c. sugar
1/2 c. butter
1 1/4 c. flour
1 c. nuts
1/2 tsp. salt
1 (4 3/4 oz.) jar baby food sweet potatoes
1 (8 1/4 oz.) can crushed canned pineapple
1 tsp. vanilla
2 tsp. cinnamon
1 tsp. baking soda
1 egg

In an 8 x 8-inch pan, melt butter. Add all ingredients and mix with a fork. Bake at 325° for 45 minutes. Cool in pan and cut into squares.

Degi Jennings

EASY CHERRIES JUBILEE

1 can tart red cherries or Bing cherries
1/3-1/2 jar currant jelly
dash of cinnamon
1 Tbsp. lemon juice
1/2 c. good brandy

Mix all ingredients except brandy in casserole dish or chafing dish. Warm in 300° oven during the dinner hour. Warm brandy in saucepan. Spoon vanilla ice cream into dessert dishes. Pour or spoon carefully the brandy over cherry mixture. Light and carry flaming to the table. Spoon over ice cream.

Frances Hunter

EASY PECAN PIE

1 stick butter, softened
2 c. light brown sugar, packed
3 eggs
3/4 c. broken pecan meats
1 tsp. vanilla
1 unbaked pie shell

Cream butter and sugar; add eggs. Stir until smooth. Add pecans and vanilla; stir until smooth. Put pecan mixture into pie shell and bake 50-60 minutes in 350° oven. Cool. This is good served warm or cold. It freezes well. Top with sweetened whipped cream or some vanilla or coffee ice cream.

This differs from the usual pecan pie recipe in that no syrup is used.

Frances Hunter

FLOP'S OATMEAL COOKIES

1/2 c. shortening
1 1/4 c. sugar
2 eggs
6 Tbsp. molasses
1 3/4 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
2 c. regular oats (old-fashioned)
1 c. raisins
1/2 c. chopped nuts
1 tsp. vanilla

Mix the first 4 ingredients thoroughly by mixer. Then stir in by hand the flour, soda, salt and cinnamon. Then stir in oats, raisins, nuts and vanilla. Drop by tablespoonfuls 2 inches apart on greased sheet. Bake about 8-10 minutes at 350°. Be careful not to overbake.

Frances Brautigam

FRENCH CHOCOLATE PIE

2/3 c. oleo
3 well-beaten eggs
2 sq. chocolate, melted
1/3 c. semi-sweet chocolate bits, melted
1 c. sugar
1 baked graham cracker crust (9 or 10 inches)

Cream oleo and sugar until white. Add beaten eggs and continue beating. Add melted chocolate and beat. Pour into graham cracker crust (or regular baked crust) and chill for several hours. (This can be frozen.) Serve topped with whipped cream.

This is so rich that it will serve at least 10.

Fran Brautigam

FRUIT DESSERT BARS

2 sticks butter or oleo, melted
1/2 c. sugar
2 1/4 c. flour
apricot, raspberry or strawberry preserves

Mix first 3 ingredients and press 3/4 into a 13 x 9-inch pan. Spread preserves over batter. Sprinkle with rest of batter on top. Bake 1/2 hour at 350°.

Mary Biondi

FRYPAN COOKIES

2 eggs, well beaten
1 c. sugar
1/2 tsp. vanilla
1/4 c. margarine
1 1/2 c. chopped dates
1/2 c. chopped nut meats
3 c. Rice Krispies

Cook first 5 ingredients together for 10 minutes (an electric frypan works fine). Cook over low heat, stirring constantly. Cool for about 3 minutes or until slightly warm. Add the nuts and Rice Krispies. Butter hands and roll in small balls, then roll balls in finely chopped coconut. Makes about 4 dozen.

Harriet Hollingsworth

GERMAN APPLE DUMPLINGS

2 c. flour
4 tsp. baking powder
1 tsp. salt
4 Tbsp. shortening (Crisco)
3/4 c. milk
4-5 apples, cored and sliced

Sauce:

1 c. sugar
1/4 c. butter
1 c. boiling water
1 tsp. vanilla

Prepare biscuit dough with flour, baking powder, salt, shortening and milk. Roll and cut in circles (approximately 5 inches). Fill dough circles with 6-7 apple slices. Fold over and put into shallow baking dish.

Prepare sauce and pour over dumplings. Bake at 450° for 1/2 hour or until dumplings are slightly browned. May top with whipped cream or vanilla ice cream.

41st District CT State Representative
Muriel W. Buckley

GRAHAM CRACKER DELIGHTS

graham crackers
(honey or not;
about 1 pkg.)
3/4 lb. pecans
1/2 lb. margarine or butter
1/2 c. granulated sugar
1 tsp. vanilla

Line jelly roll pan or cookie sheet about 11 x 14 inches with graham crackers, broken at indentations. Pan bottom should be all covered. Break nuts up coarsely and evenly spread over crackers. Boil for 2 minutes the butter and sugar; remove from heat and add vanilla. Drizzle evenly over nuts and crackers. Bake at 350° for 10 minutes. Watch so they do not burn. Turn or lift onto wax paper. Store when cool.

Paula Jean and Emilie L. Yukna

GRANDMA'S COCONUT RAISIN CAKE

1 c. strong coffee
1 c. brown sugar
1/3 c. shortening
1 c. raisins
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. salt
1/8 tsp. nutmeg
2 c. cake flour
1 tsp. baking powder
1 tsp. baking soda
1/2 c. chopped nuts
1/2 c. coconut

Boil the first 8 ingredients for 3 minutes. Sift the cake flour and resift with baking powder and the baking soda. Stir the flour mixture into the coffee mixture which has been cooled to room temperature. Beat until smooth. Add nuts and coconut. Pour into greased 9 x 13-inch pan and bake at 325° for 60 minutes.

Paula Downie

GRANDMA'S MARSHMALLOW PUDDING

1 slightly rounded Tbsp. unflavored gelatin
1/2 c. boiling water
4 egg whites, beaten stiff
3/4 c. sugar
1/2 c. finely chopped nuts
6 oz. or 1 scant c. mixed candied fruits
ladyfingers or graham cracker crust
whipped cream
food coloring (optional)

Dissolve gelatin in water and cool. Add beaten egg whites and sugar gradually. When it begins to thicken, quickly divide mixture in half and add fruits and nuts to half. Put into 8-inch square pan lined with ladyfingers or crust. To other half may be added

food coloring (I prefer green). Serve with whipped cream and a cherry from the fruits. It can be used without a crust.

Lyda Lindquist

HALF-BAKED CHOCOLATE MOUSSE

8 oz. semi-sweet chocolate (use 1 oz. sq.; does not work with bits)
1/4 c. hot coffee
fine dry bread crumbs
8 eggs, separated
2/3 c. granulated sugar
2 tsp. vanilla
1 c. heavy cream
3 Tbsp. confectioners sugar
1/4 tsp. vanilla

Place chocolate in a bowl and set over hot, not boiling, water. Pour hot coffee over chocolate and let melt. When almost melted, stir until blended and smooth.

Butter a 9- or 10-inch pie plate and coat with fine dry bread crumbs or graham cracker crumbs. Set aside.

Place egg yolks in mixing bowl and beat until thick and lemon colored. Add granulated sugar gradually, beating constantly. Beat in 2 teaspoons vanilla, then the melted chocolate. Add a dash of salt to egg whites. Beat whites with rotary beater or electric mixer until whites are stiff, but still moist and glassy. Add about 1/4 of beaten whites into chocolate mixture. Stir until well blended. Carefully fold in remaining egg whites. Pour about half of chocolate mixture into prepared pan. Bake in 350° oven for 25 minutes. Turn off oven heat and leave in oven 5 minutes. Remove from oven and cool completely. (Center will sink.)

Meanwhile, chill remaining chocolate mixture 2-3 hours or overnight. Spoon into the middle of baked chocolate mousse.

Whip cream until almost stiff. Add confectioners sugar and 1/4 teaspoon vanilla; beat until stiff. Spread over top and chill until served.

Yield: 8 servings.

Isabelle Rupert

HERMITS

1/2 c. sugar
1/2 c. molasses
1/2 c. shortening
1/2 c. sour milk
1 egg
1/2 tsp. ground cloves
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. baking soda
1 c. chopped raisins
flour (enough to make batter stiff enough to drop from a spoon)

Combine all of the ingredients well. When stiff enough to drop onto a greased baking pan, make round dropped cookies. Bake in hot oven (375°) until done.

This recipe was the first one in my mother's Bride's Cookbook, given her when she married in 1893.

Dorothea Richardson

HOLIDAY SPICE CAKE

1 c. vegetable oil
1 1/2 c. sugar
1 c. buttermilk
3 unbeaten eggs
1 tsp. vanilla
2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
1 c. prune pulp (2 jars baby food)
1 c. chopped nuts

Topping:

1/2 c. buttermilk
1 c. sugar
1 tsp. soda
2 tsp. butter

Mix the batter until smooth. Bake at 350° for 30-35 minutes.

Prepare topping in large pan and cook to soft boil. Pour over cake as soon as it is removed from oven.

This cake may be baked in a 13 x 9-inch pan, a Bundt pan or jelly roll pan to be cut into bars. Serve topped with whipped cream and a cherry.

Sheila Kasmer

JANETTE'S BROWNIES

2 cubes Baker's chocolate
1/2 c. butter
1 c. sugar

1/2 c. flour
2 eggs, beaten

Mix well and put in 8-inch square pan. Bake at 350° for 30 minutes.

Claire Fulcher
of Team Associates

JEWISH COFFEE CAKE

1/2 lb. butter
1 c. sugar
3 eggs
2 1/2 c. flour
3 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 1/2 tsp. vanilla
1 c. sour cream

Filling:

1/2 c. sugar
3/4 c. walnuts, chopped
1 tsp. cinnamon

Cream butter and sugar. Add eggs, one at a time. Blend in flour, baking powder, baking soda and salt. Add vanilla and sour cream.

Make filling by chopping nuts to bite-size pieces and mix with sugar and cinnamon.

Grease tube cake pan. Alternate layers of cake batter and filling, ending with thin layer of batter. Bake at 350° for 50 minutes.

Scrumptious!

CT 17th District Representative
Bea Murdock

KEY LIME PIE

1 envelope unflavored gelatin
1 c. sugar
1/4 tsp. salt
4 egg yolks
1/2 c. lime juice
1/4 c. water
1 tsp. grated lime peel
few drops green food coloring
4 egg whites
1 c. whipping cream, whipped
1 (9-inch) baked graham cracker pie shell

Thoroughly mix gelatin, 1/2 cup sugar and salt in saucepan. Beat egg yolks, lime juice and water.

Stir into gelatin mixture. Cook and stir over medium heat just until mixture comes to a boil. Remove from heat; stir in grated peel. Add food coloring sparingly to tint pale green. Chill, stirring occasionally, until the mixture mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form; gradually add 1/2 cup sugar, beating to stiff peaks. Fold gelatin into egg whites. Fold in whipped cream. Pile into pie shell. Chill until firm. Spread with additional whipped cream; edge with grated lime peel. Center with grated pistachio nuts. Trim with lime wedges.

Sharon O'Brien

LEMON BARS

1/2 c. butter
1/4 c. powdered sugar
1 c. flour
2 eggs, beaten
2 Tbsp. lemon juice
2 Tbsp. flour
1/2 tsp. baking powder
grated rind of 1 lemon

Mix first 3 ingredients; press into greased 8-inch square pan. Bake for 12 minutes at 350°. Combine remaining ingredients. Pour over baked crust. Bake for 25 minutes more. Sprinkle with powdered sugar if desired. Cut into squares.

Elaine Anderson

LEMON BARS

Bottom:

1 c. flour
1/2 c. melted butter
1/4 c. powdered sugar

Top:

1 c. sugar
2 eggs
2 Tbsp. lemon juice
2 Tbsp. flour
1/2 tsp. baking powder
grated rind of 1 lemon

For bottom, mix flour, melted butter and the powdered sugar. Press into 8 x 8-inch pan. Bake for 15 minutes at 350°.

For top, beat sugar, eggs, lemon juice, rind, flour and baking powder until like whipped cream.

Spread on crust. Bake for 20-25 minutes at 350°.
Optional: Sprinkle with confectioners sugar.
Cut into bars while still warm. This can be doubled and put into a larger pan.

Peggy Booth

LEMON SQUARES

Crust:

2 c. sifted flour
1/2 c. sifted confectioners sugar
1 c. butter

Filling:

4 beaten eggs
1/4 c. flour
2 c. sugar
1/2 tsp. baking powder
1/3 c. lemon juice

Crust: Mix flour and sugar; cut in butter until it blends together. Press into well-greased and floured 13 x 9-inch pan. Bake at 350° for 25-30 minutes or until lightly brown on edges.

Filling: Beat eggs, sugar and lemon juice. Sift together flour and baking powder. Stir into egg mixture. Pour into baked crust and bake another 25 minutes. When cool, sprinkle with confectioners sugar.

Makes 32 squares.

Charlotte Emery

LIZA'S TORTA DI MELE

7 apples
3 tsp. baking powder
3 c. flour
5 eggs
2 c. sugar
1 c. oil
1 orange (juice from)
2 tsp. vanilla
3 Tbsp. sugar
cinnamon (approximately 1/2 Tbsp.)

Cut apples into thin slices. Mix baking powder with flour. In large bowl, combine the following ingredients: eggs, sugar, oil, orange juice, vanilla and baking powder-flour mixture. Place apples in dish and stir in sugar (3 tablespoons) and sprinkle cinnamon over mixture (adding or subtracting cinnamon according

to taste). Take round pan (approximately 12 inches by 2 inches high); pour half of mixture from large bowl into pan. Then place apple mixture on top. Pour remaining half of mixture from large bowl on top of apple mixture. Bake 1 hour and 15 minutes in 350° oven, until golden.

CT Senator Cynthia Matthews
9th District

MACAROON PIE

4 egg whites
1 c. sugar
1 tsp. vanilla or
maple syrup extract
1 tsp. baking powder
1/4 tsp. salt
1 c. graham cracker crumbs
or chocolate cookie crumbs
1/2 c. shredded coconut
1/2 c. chopped walnuts

Beat egg whites until stiff. Pour sugar slowly into egg whites while beating. Mix all other ingredients carefully so as not to break shredded coconut pieces. Fold dry ingredients carefully into beaten egg whites. Butter a 9-inch pie plate generously and then flour lightly. Spread lightly in pie plate and bake 30 minutes at 350°. Decorate with maraschino cherries before baking or spread with vanilla ice cream before serving.

Elizabeth Walden

MINT PIE

1 lb. marshmallows
1 c. milk
1 pkg. chocolate ice-
box cookies
1 pt. medium cream
peppermint flavoring
green coloring

Melt marshmallows with milk in double boiler and cool. Whip the cream and fold into cooled marshmallow mixture. Add peppermint flavoring to taste and green coloring. Roll the chocolate cookies into crumbs and line bottom of 9 1/2 x 13-inch pan with half the crumbs. Add marshmallow mixture and top with remaining crumbs. Chill.

Peg Lindsey

NEW ZEALAND APRICOT-ALMOND PIE

2 eggs
1/2 c. melted butter
1/4 c. sugar
1 c. apricot preserves (Smucker's)
1/2 c. vanilla cookie crumbs
1/4 c. slivered almonds
1 (8-inch) unbaked pie shell

Mix all ingredients except nuts. Fill pastry crust-lined 8-inch pie pan. Sprinkle almonds on top. Bake at 375° for 30 minutes or until firm and lightly browned.

Note: Pie filling rises some, so don't fill too full. Can be made ahead, refrigerated and baked later. Holds well baked, for 1-3 days.

Quincalee Brown
Executive Director, AAUW

OATMEAL LACE COOKIES

1/2 c. flour
1/4 tsp. baking powder
1/2 c. sugar
1/2 c. quick-cooking oats
2 Tbsp. heavy cream
1/3 c. melted butter
1 Tbsp. white corn syrup

Sift together into a bowl the flour, baking powder and sugar. Add the oats, cream, butter, vanilla and corn syrup. Mix until well blended; drop rounded 1/4 teaspoonfuls of batter onto ungreased baking sheets, allowing 4 inches between them. Bake in 350° oven for about 4-6 minutes (check after 4 minutes), until lightly brown. Let stand 30 seconds before removing from pan. Makes 4 dozen.

United States Representative
Claudine Schneider
Rhode Island

PAULA'S FAVORITE POUND CAKE

3/4 c. sugar
1 c. butter (2 sticks)
6 eggs
3 c. sifted all-purpose flour
1/2 tsp. salt
1/4 tsp. baking soda
1 c. sour cream
1/2 tsp. lemon extract
1/2 tsp. orange extract
1/2 tsp. vanilla extract

Cream sugar and butter until fluffy. Add eggs, one at a time, beating well between each addition. Sift together flour, salt and soda. Add to creamed mixture alternately with sour cream. Add extracts and beat well after each. Bake 1 hour and 15 minutes in 350° oven. Cool 15 minutes before removing from pan. When cooled, dust lightly with confectioners sugar.

Alethea Butler used to bake this when we were at the PSC.

United States Senator Paula Hawkins
Florida

PECAN PIE

2 frozen pie crusts
3 eggs
1 c. sugar
1 c. Karo white corn syrup
3 Tbsp. melted butter
1 tsp. vanilla
pinch of cloves
pinch of nutmeg
pinch of cinnamon
pinch of salt
2 c. shelled pecans

Take crusts from freezer while preparing other ingredients. When thawed, prick edges and bottom. Brush with butter. Slightly beat eggs. Stir in sugar, butter, syrup and pinch of salt; beat. Add vanilla, cloves, nutmeg and cinnamon. Gently stir in pecans. Place in pie shells. Bake at 350° for 40-50 minutes.

Second pie can be frozen if you need only one.

United States Representative
Linday (Mrs. Hale) Boggs
Louisiana

PEACHES FLAMBE

1 large can peaches with syrup
2 Tbsp. orange marmalade
2 tsp. rum flavoring
vanilla ice cream
1/4 c. "151" rum

Heat peaches, marmalade and rum flavoring over low flame in fondue pot or chafing dish. When marmalade has melted, remove from flame. Add "151" rum and ignite. Pour flaming peach mixture over scoop of vanilla ice cream.

Note: Serving ice cream in frosted, stemmed glasses adds easy elegance.

CT 24th District State Representative
Irene Favreau

PEACH PIE

2 c. flour
1/2 tsp. salt
2/3 c. butter
ice water

Sift together the flour and salt. Cut in butter and add enough ice water to make into a firm ball. Chill and roll pie crust.

6-8 peaches
4 Tbsp. flour
1 c. sugar
1 c. heavy cream
dash of nutmeg
dash of cinnamon

Slice peaches into pie crust. Mix remaining ingredients together and pour over peaches. Add lattice crust. Bake at 350° for 1-1 1/2 hours.

Beverly B. Byron
6th District, Maryland
House of Representatives

PERFECT CHOCOLATE CAKE

1 c. unsifted unsweetened cocoa
2 c. boiling water
2 3/4 c. sifted all-purpose flour
2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
1 c. butter or margarine, softened
2 1/2 c. granulated sugar
4 eggs
1 1/2 tsp. vanilla

In medium bowl, combine cocoa with boiling water, mixing with wire whisk or fork until smooth. Cool completely. Sift flour with soda, salt and baking powder. Preheat oven to 350°. Grease well and lightly flour three 9 x 1 1/2-inch layer cake pans. In large bowl, beat butter, sugar, eggs and vanilla at high speed, scraping bowl occasionally, until light, about 5 minutes. At low speed, beat in flour mixture (in fourths) alternately with cocoa mixture (in thirds), beginning and ending with flour mixture. Do not

overbeat. Divide evenly into pans; smooth tops. Bake 25-30 minutes or until surface springs back when gently pressed with fingertip. Cool in pans 10 minutes. Carefully loosen and remove from pans. Cool on racks.

Frosting:

1 (6 oz.) pkg. semi-sweet chocolate chips
1/2 c. light cream
1 c. butter or margarine
2 1/2 c. unsifted powdered sugar

In medium saucepan, combine chips, cream and butter; stir over medium heat until smooth. Remove from heat. With whisk, blend in powdered sugar. In bowl set over ice, beat until it holds shape.

Filling:

1 c. heavy cream, chilled
1/4 c. unsifted powdered sugar
1 tsp. vanilla

Whip cream with sugar and vanilla; refrigerate. Assemble cake by placing 1 layer top side down; spread with half of filling. Repeat with second layer. Place third layer top up. Frost sides, then swirl remaining on top. Refrigerate at least 1 hour before serving.

Sharon O'Brien

PINEAPPLE ALMOND PUDDING

1 (1 lb. 4 1/2 oz.) can crushed pineapple
1/2 c. oleo or butter
3/4 c. sugar
1 1/2 Tbsp. rum or 1 tsp. rum extract
1/4 tsp. vanilla
3/4 c. sliced almonds, toasted
3 egg yolks
3/4 c. scalded light cream, cooled
1 pkg. ladyfingers

Drain pineapple. Cream butter with sugar; mix in rum, vanilla, 1/2 cup almonds, egg yolks and the pineapple in that order. Gradually mix in cream. Split ladyfingers; cover bottom of 1-quart casserole with 1/2 of ladyfingers. Pour 1/2 of pineapple mixture

over. Repeat with ladyfingers and pineapple. Cover and chill overnight. Before serving, sprinkle with remaining almonds.

Lee Kaestle

PLUM DUFF WITH HARD SAUCE

2 eggs
1/2 c. shortening
(some butter)
1 c. brown sugar
2 c. cooked prunes, pitted
1 c. flour
1 Tbsp. milk
1 tsp. soda
salt

Blend all ingredients together and pour in two round 8-inch cake pans. Bake at 375° for 15-20 minutes. Serve with hard sauce or ice cream. Combine the following for a hard sauce:

2 Tbsp. butter
1 box confectioners sugar
1 Tbsp. cream
1/2 tsp. vanilla

United States Representative
Nancy L. Johnson
Connecticut

POIRE BELLE HELENE

pear halves (canned)
vanilla ice cream
Chocolate Sauce
whipped cream
toasted almond slices

Put ice cream and a pear half in dish. Top with Chocolate Sauce, whipped cream and almonds.

1 c. chocolate bits
1 c. cream

Chocolate Sauce may be made by combining chocolate bits and cream and heating (do not boil).
A Chef Tell recipe.

Dora Stoutenberg

POLKA DOT NO-FROSTING CAKE

1 c. chopped dates
1 tsp. baking soda
1 1/3 c. hot water
3/4 c. shortening

1 c. sugar
2 eggs
2 c. flour
3/4 tsp. salt
3/4 tsp. baking soda
1/4 c. sugar
1/4 c. nuts
1 pkg. chocolate chips

Soak dates with 1 teaspoon baking soda and hot water. Let cool. Cream shortening, 1 cup sugar and eggs. Add flour, salt, 3/4 teaspoon baking soda and date mixture. Mix well. Pour into 9 x 13-inch pan. Sprinkle with last 3 ingredients. Bake 30 minutes at 350°.

Mary Detlefsen

PUMPKIN CAKE

1 1/2 c. sugar
1/2 c. salad oil
2 eggs
1 can 1-pie pumpkin
1 2/3 c. flour
1 tsp. baking soda
1/4 tsp. baking powder
3/4 tsp. salt
1/2 tsp. ground cloves
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 c. walnuts
1/2 c. raisins

Mix ingredients well. Add nuts and raisins. Bake at 350° for 45-60 minutes in greased and floured tube pan.

Mary Abrahamian

PUMPKIN CHIFFON PIE

1 c. sugar
1 1/2 c. cooked pumpkin
2/3 c. milk
1/2 tsp. salt
1/2 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cinnamon
3 eggs, separated
1 Tbsp. gelatine
1/4 c. cold water
1 baked pie shell

Mix together 1/2 cup sugar, spices, salt and cooked, sieved pumpkin. Add milk beaten with egg yolks and stir over boiling water until thickened. Soak gelatine in cold water for 5 minutes, then dissolve in hot mixture; cool. Beat egg whites stiff. Beat in remaining 1/2 cup sugar and fold into pumpkin mixture. Pour into baked pie shell. Chill. Serve with whipped cream.

Elizabeth Brzostek

PUMPKIN CHOCOLATE CHIP CAKE

4 eggs, well beaten
2 c. sugar
1 1/2 c. oil
1 (15 oz.) can pumpkin filling
3 c. flour
2 tsp. cinnamon
1/2 tsp. salt
2 tsp. baking powder
2 tsp. baking soda
6 oz. chocolate chips (small bag)

Beat together as listed (except chips). When mixed well, stir in chocolate chips. Pour into greased and lightly floured tube pan. Bake at 350° for 55 minutes.

CT 1st District Representative
Naomi Cohen

QUICK TORTONI CUPS

1 qt. vanilla ice cream, softened
1/2 c. slivered almonds, toasted
1 (7/8 oz.) milk chocolate candy bar
2 Tbsp. chopped maraschino cherries
1/2 tsp. brandy flavoring
1/4 tsp. grated lemon peel
1/4 tsp. grated orange peel

Stir together all ingredients. Pile into individual paper baking cups in muffin tins. Freeze until firm. Top each with a maraschino cherry flower.
Yield: 10 servings.

Faith Benson

RHUBARB CAKE

1 1/2 c. sugar
1 c. shortening
2 c. flour
1 tsp. vanilla
2 c. cubed rhubarb
1 egg
1 c. milk
1/2 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1/2 c. nuts (to sprinkle on top)
1/2 c. sugar

Cream shortening and 1/2 cup sugar. Add rest of ingredients from flour through baking soda; mix well. Pour into 9 x 13-inch pan. Sprinkle with

cinnamon, nuts and 1/2 cup sugar mixture. Bake for 40 minutes at 350°.

Nancy P. Gruhn
CT Div. VP for Membership, AAUW

RHUBARB UPSIDE-DOWN CAKE

3 c. rhubarb pieces
10 marshmallows, halved
3/4 c. sugar
1/2 c. shortening
1 c. sugar
2 eggs
1 3/4 c. flour
3 tsp. baking powder
1/4 tsp. salt
1/2 c. milk

Arrange rhubarb on bottom of casserole. Add marshmallows and 3/4 cup sugar. Thoroughly cream shortening and 1 cup sugar. Beat in eggs, one at a time. Sift dry ingredients. Add alternately with milk, stirring until smooth after each addition. Spread over rhubarb. Bake at 350° for 40-50 minutes. Cool 5 minutes. Loosen edges with knife. Invert serving platter over casserole and remove for serving. Cut and top with whipped cream or ice cream.

Isabelle Rupert

SOUR CREAM APPLE PIE

Filling:

2 c. peeled and chopped apples
3/4 c. sugar
2 Tbsp. flour
1 c. sour cream
1 egg, well beaten
1/2 tsp. vanilla
1/8 tsp. salt

Topping:

1/3 c. sugar
1/3 c. flour
1/4 c. butter
1 tsp. cinnamon

Combine sugar and flour. Add sour cream, egg, vanilla and salt; beat until smooth. Add apples and mix well. Pour into an unbaked pie shell. Bake at 450° for 15 minutes, then reduce heat to 325° and bake for 30 minutes.

Blend topping ingredients well. Sprinkle over the pie and return to 325° oven; bake for an additional 20 minutes.

Paula Downie

SOUTHERN PINEAPPLE

2 eggs, beaten
1 large can crushed pineapple in heavy syrup (do not drain)
3/4 c. sugar (scant)
1/4 lb. melted butter (do not substitute)
5 slices white bread, cubed (no crusts)

Combine first 3 ingredients, then fold in the bread. Pour into a 1-quart ungreased casserole. Pour the butter all over the top. Bake, uncovered, in a 350° oven for 20-30 minutes or until lightly browned on top. Serves 6 or more.

N. B. Pres. of League of Women Voters
Ada Seaman

SNOW-CAPPED CHOCOLATE PIE

3 egg whites
1 tsp. vanilla
3/4 c. sugar
1 tsp. baking powder
1 (4 oz.) bar sweet cooking chocolate, grated
1 c. fine rich, round cracker crumbs
1/2 c. chopped pecans
1 c. whipping cream
2 Tbsp. sugar
1 tsp. vanilla

Beat egg whites with 1 teaspoon vanilla to soft peaks. Combine 3/4 cup sugar and baking powder. Gradually add to egg whites, beating to stiff peaks. Reserve 2 tablespoons grated chocolate and fold remainder into whites along with cracker crumbs and pecans. Spread in greased 9-inch pie plate. Bake at 350° for 25 minutes or until done. Cool.

Whip cream with 2 tablespoons sugar and 1 teaspoon vanilla. Spread over meringue. Sprinkle with reserved chocolate. Chill 6-8 hours.

CT State Representative
Elsie "Biz" Swensson

SPICED PEACHES

1 large can peach halves and juice
1/3 c. vinegar
1/2 c. sugar
12 whole cloves
4 sticks cinnamon, broken in pieces

Bring the peach juice, sugar, cloves and cinnamon to a boil; simmer 10 minutes. Add peach halves and simmer another 10 minutes. Cool and refrigerate.

Can be made in larger batches and kept in refrigerator for several weeks.

Peggy Booth

STRAWBERRY COOKIES
(Uncooked)

2 pkg. dry strawberry jello (two 3 oz. pkg. or one 6 oz. pkg.)
1 c. ground nuts
1 c. coconut flakes
2/3 c. condensed milk (1/2 can)
red and green decorator sugar

Mix together; form into balls, then shape like strawberries (walnut size or smaller). Roll in red sugar. Dip tops in green sugar. Refrigerate overnight. Store in refrigerator. Yield: 30-35 cookies.

Peggy Booth

STRAWBERRY GELATINE MOLD

1 (3 oz.) pkg. strawberry jello
2/3 c. boiling water
2/3 c. cold water
1 (8 oz.) container Cool Whip
1 c. sliced fresh strawberries (if frozen, drain completely)

Dissolve jello in boiling water. Add cold water. Place in refrigerator until partially set. Blend in Cool Whip and strawberries. Place in mold. Refrigerate until firm.

Sheila Kasmer

SWEDISH APPLE PIE

apples, peeled and sliced
1 Tbsp. sugar
1 tsp. cinnamon
3/4 c. melted butter or oleo
1 c. sugar
1 c. flour
1 egg
1/2 c. chopped nuts
pinch of salt

Fill pie pan 2/3 full with apples. Sprinkle with mixture of 1 tablespoon sugar and cinnamon. In small bowl, combine rest of ingredients. Pour over apples. Bake at 350° for 45 minutes or until golden brown.

Irene Favreau
Connecticut State Representative, 24th District

SWEDISH BLITZ TORTE WITH LEMON WHIPPED CREAM FILLING

4 eggs
1/2 c. granulated sugar
1/2 c. butter or oleo
1 c. all-purpose flour
1 tsp. baking powder
4 Tbsp. milk

Filling:

3/4 c. sugar
2 Tbsp. cornstarch
3 Tbsp. lemon juice
1 egg, beaten
3/4 c. water

Heat oven to 350°. Separate eggs; beat yolks. Cream butter and sugar. Add beaten egg yolks and beat until creamy. Add flour, baking powder and milk. Put batter into 2 greased and floured 8-inch round cake pans. Beat egg whites until stiff and add 1 cup sugar. Spread meringue on batter and sprinkle with chopped nuts. Bake 1/2 hour. Cool pans on rack. When cool, place 1 layer with meringue facing down on cake dish. Fill with Lemon Whipped Cream. Place other layer with meringue on top.

Filling: Mix sugar and cornstarch. Add lemon juice, beaten egg and water. Cook over medium heat until thick; cool. Add 1/2 pint heavy cream, whipped, to cooled lemon mixture. Fold in.

Marge Tuttle

SWEET CRESCENTS
(Chinese Dessert or Snack)

1/2 c. chopped dried apricots
1/2 c. chopped dark raisins
1/2 c. chopped dates
1/2 c. chopped salted peanuts
1/2 c. flaked coconut
1/2 c. brown sugar, firmly packed
1/2 c. sugar
5-6 doz. wonton wrappers
3-4 c. corn or peanut oil
1 egg, lightly beaten

Combine first 7 ingredients and mix well. Fold each wonton wrapper diagonally and round off top corners with scissors. Begin heating oil in deep fryer to 375°.

Open wontons and place about 1 teaspoon filling in center of each. Moisten edges with beaten egg and seal gently. Deep fry in batches until golden, turning once. Drain on paper towels and set aside to cool. Store in airtight container. Yield: 5-6 dozen.

Excellent warm or cold as an accompaniment to sherbet or ice cream. Other dried fruits and nuts, such as apples, prunes, sesame seed, walnuts, almonds, etc. may be used.

Mimi Kaufmenn

SWEETHEART COFFEE CAKE

2 packets active dry yeast
1/2 c. warm water
1/3 c. sugar
1/3 c. shortening or butter
2 tsp. salt
2/3 c. hot scalded milk
2 eggs, unbeaten
4 1/2-5 c. sifted unbleached all-purpose flour

Filling:

1 c. walnuts, chopped
1 c. sugar
2 tsp. cinnamon

Soften yeast in water. In large mixing bowl, combine butter, 1/3 cup sugar, salt and milk; stir to melt shortening. Cool to lukewarm. Stir in eggs and yeast. Gradually add flour to form stiff dough.

Knead on floured surface until smooth and satiny, about 5 minutes. Place in greased bowl; cover. Let rise in warm place until doubled in size.

Roll out half of dough to 15 x 12-inch rectangle and brush with melted butter. Combine nuts, 1 cup sugar and cinnamon; sprinkle half of mixture over dough. Roll as for jelly roll, beginning with 15-inch side. Place on greased baking sheet. Fold half of roll lengthwise on top of other half; seal ends together. Starting at "sealed" end, cut through center of roll to within 1 inch of other end. Turn cut halves on side, cut side up, to form a heart. Repeat with remaining dough.

Cover and let rise until doubled in size. Bake in 350° oven for 20-25 minutes, until rich golden brown. To store or freeze, wrap in heavy-duty foil.

Yield: 2 cakes.

Mimi Kaufmann

TASTY COOKIE BARS

1/2 c. butter
1 1/2 c. graham cracker crumbs
1 can sweetened condensed milk
1 (6 oz.) pkg. semi-sweet chocolate morsels
3 1/2 oz. coconut
1 c. chopped nuts

Preheat oven to 350°. If you use glass dish, preheat to 325°. Use a 13 x 9-inch pan. Melt butter in baking pan. Sprinkle crumbs over butter. Pour sweetened condensed milk over crumbs. Top evenly with chocolate morsels, coconut and nuts. Bake 25-30 minutes. Cool thoroughly before cutting.

Chairman N.B. Board of Education
Helen M. McInerney

THOUSAND LEAF COOKIES

Dough #1:

3 c. flour
1 1/2 Tbsp. Crisco
1 c. cold water
3 egg yolks

Dough #2:

1 lb. oleo
1/2 c. flour

Filling or Spread: Prune likvar or thick jam (jelly is too watery).

Blend together flour and Crisco for dough #1 and add water and yolks. Keep at room temperature. Mix dough #2 until soft enough to spread. Divide into 3 parts; do not chill.

Roll out dough #1 on a lightly flour-dusted board to 1/8-inch thickness. Spread 1 part of dough #2 over it. Fold over many times until a ball is formed, spread side in. Chill in the refrigerator for 20 minutes. Repeat 2 more times, until all the spread is used. Chill for the last 20 minutes.

Roll out small portions of dough on a floured board until 1/8 inch thick. Cut into 2-inch squares. Fill center of each square with a dab of prune likvar or jam. Fold corners of the square to the center. Place squares on a cookie sheet. Bake at 450° for 10-15 minutes or until nicely browned. Sprinkle with confectioners sugar before serving. (Can be reheated to crisp if they need it before serving.)

Yield: 6-7 dozen.

Paula Downie

TIPSY CAKE

1 sponge cake
boiled custard
whipped cream
slivered almonds
bourbon or brandy

Cut sponge cake into sections and place them in a big mixing bowl. Lace the boiled custard with bourbon or brandy and spread it over cake sections. Let it stand overnight. Stir the softened cake and custard together. Stir in slivered almonds. Spoon into dessert dishes and top with whipped cream, seasoned with bourbon. Decorate with 3 almond halves on each serving.

Frances Hunter

VANDERMINT MOUSSE

1 (6 oz.) pkg. chocolate chips
1/2 c. Vandermint liquor
1 stick soft butter or margarine
4 egg yolks
4 egg whites

2 Tbsp. confectioners sugar
1 pkg. ladyfingers
1 c. heavy cream, whipped

Melt the chips and put in blender with the mint liquor. Cut the soft margarine or butter into pieces and add to that the egg yolks; blend well. Beat the egg whites with the confectioners sugar until stiff. Fold into the chocolate mixture, then fold whipped cream in. Pour into a buttered glass bowl lined with ladyfingers that have been opened and sprinkled with the mint liquor. Chill. Can be served with additional whipped cream and shaved chocolate.

CT Representative Elsie "Biz" Swensson

WALNUT SQUARES

1 egg, beaten until foamy
1 c. light brown sugar
1/2 tsp. vanilla
1/2 c. sifted flour
1/8 tsp. baking soda
1/2 tsp. salt
1 1/4 c. chopped nuts

Mix together the first 3 ingredients. Add and mix the remaining ingredients. Spread in a greased 9-inch square pan. Bake at 250° until set, about 40 minutes. Do not cut until cool.

Foldine Jackson

WINE CAKE

1 pkg. yellow cake mix
4 eggs
3/4 c. cooking oil
3/4 c. sherry
1 tsp. nutmeg

Blend and beat well. Pour into tin. Bake at 350° for 45 minutes. When done, let stand for 10 minutes and then turn out on plate. Pour orange drizzle over cake (combine orange juice and confectioners sugar to medium consistency).

Nancy Garabedian

ZEPPOLI

2 lb. Gold Medal flour
2 eggs
1 oz. Wesson oil
1 pkg. Fleischmann's yeast
3/4 tsp. salt
dash of pepper
16 oz. warm water

Place yeast in 8 ounces warm water; let stand. Resift the Gold Medal presifted flour. Lightly beat eggs and mix with flour. Add yeast with water, then add another 8 ounces of water. Add oil and salt and pepper to taste. Mix only until all flour is blended, about 3 minutes. Cover and let stand for 3 hours or until triple original size. Knead again for about 3 minutes. Let rise about 1 hour. Place a little oil on plate. Dough should be soft. Dip fingers in oil. Cut the dough in 3-inch strips and pull from both ends (do not touch the middle). Fry quickly in approximately 1 inch of Wesson oil. Sprinkle with powdered sugar if desired.

Geraldine A. Ferraro
1984 Democratic Vice
President Nominee

PEANUT BUTTER FUDGE

3 c. granulated sugar
1 1/2 c. milk
1 (12 oz.) jar smooth peanut butter
1 (7 1/2 oz.) jar Marshmallow Fluff
1 c. salted peanuts

Combine sugar and milk; stir over medium heat until boiling. Cook to soft-ball stage, stirring occasionally to keep from burning. Remove from heat and add peanut butter, Marshmallow Fluff and peanuts. Stir until blended and pour into 11 x 13-inch buttered pan. Makes over 2 pounds of candy.

N.B. Pres. League of Women Voters
Ada Seaman

PECAN FUDGE

5 c. sugar
1/4 lb. butter
16 oz. Marshmallow Fluff
1 can evaporated milk
2 pkg. chocolate bits (12 oz.)
1 Tbsp. vanilla
1 c. pecans

Combine first 4 ingredients in large kettle. Cook over medium heat, stirring with wooden spoon. Bring to a boil and cook 7-8 minutes longer, stirring

constantly. When done, remove from stove and stir in chocolate bits and vanilla; add nuts last. Stir about 5 minutes longer or until it begins to thicken. Pour into buttered 9 x 13-inch pan. Place in refrigerator about 1 hour. Cut as desired.

Margarine may be substituted for butter and skimmed evaporated milk for regular evaporated milk.

Mrs. Harold Williams

MAMIE EISENHOWER FUDGE

1 2/3 c. evaporated milk
2 Tbsp. butter
4 1/2 c. sugar
1 (12 oz.) pkg. semi-sweet chocolate pieces
12 oz. German's sweet chocolate
16 oz. Marshmallow Fluff
2 c. chopped pecans or walnuts

Combine milk, butter and sugar; bring to a vigorous boil, stirring often. Reduce heat and simmer 6 minutes.

Meanwhile, place both chocolates and Marshmallow Fluff into a large bowl and gradually pour boiling syrup over the chocolate-marshmallow mixture. Beat hard until chocolate is melted. Stir in nuts and pour into a buttered 13 x 9-inch pan. Store in a cool place for a few hours to harden before cutting into squares.

Emilie L. Yukna

** EXTRA RECIPES **

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE – A dish served between the chief courses, before the roast.

FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.
FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS — The liver, gizzard or heart of poultry.
HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.
INFUSION — Liquid taken from tea, herbs or coffee.
JULIENNE — Food cut into very thin strips.
MACEDOINE — A mixture of fruits or vegetables.
MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.
MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.
BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW — To cook in hot liquid until flavor is extracted.
BROIL — To cook by exposing the food directly to the heat.
BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COAT SPOON — When a mixture forms a thin even film on the spoon.
CODDLE — To cook slowly and gently in a liquid just below the boiling point.
CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.
CUBE — To cut in even sliced pieces.
CUT — To divide foods with a knife or scissors.
DICE — To cut into small cubes.
DISSOLVE — To pass into solution.
FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

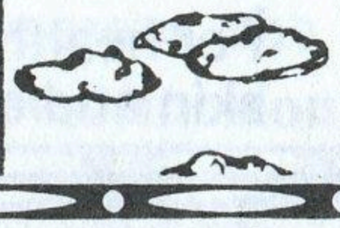
Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

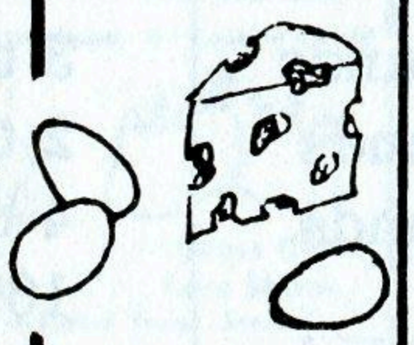
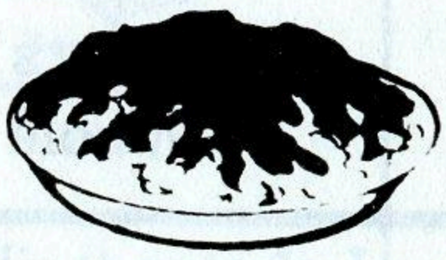
A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES			White bread dough		

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

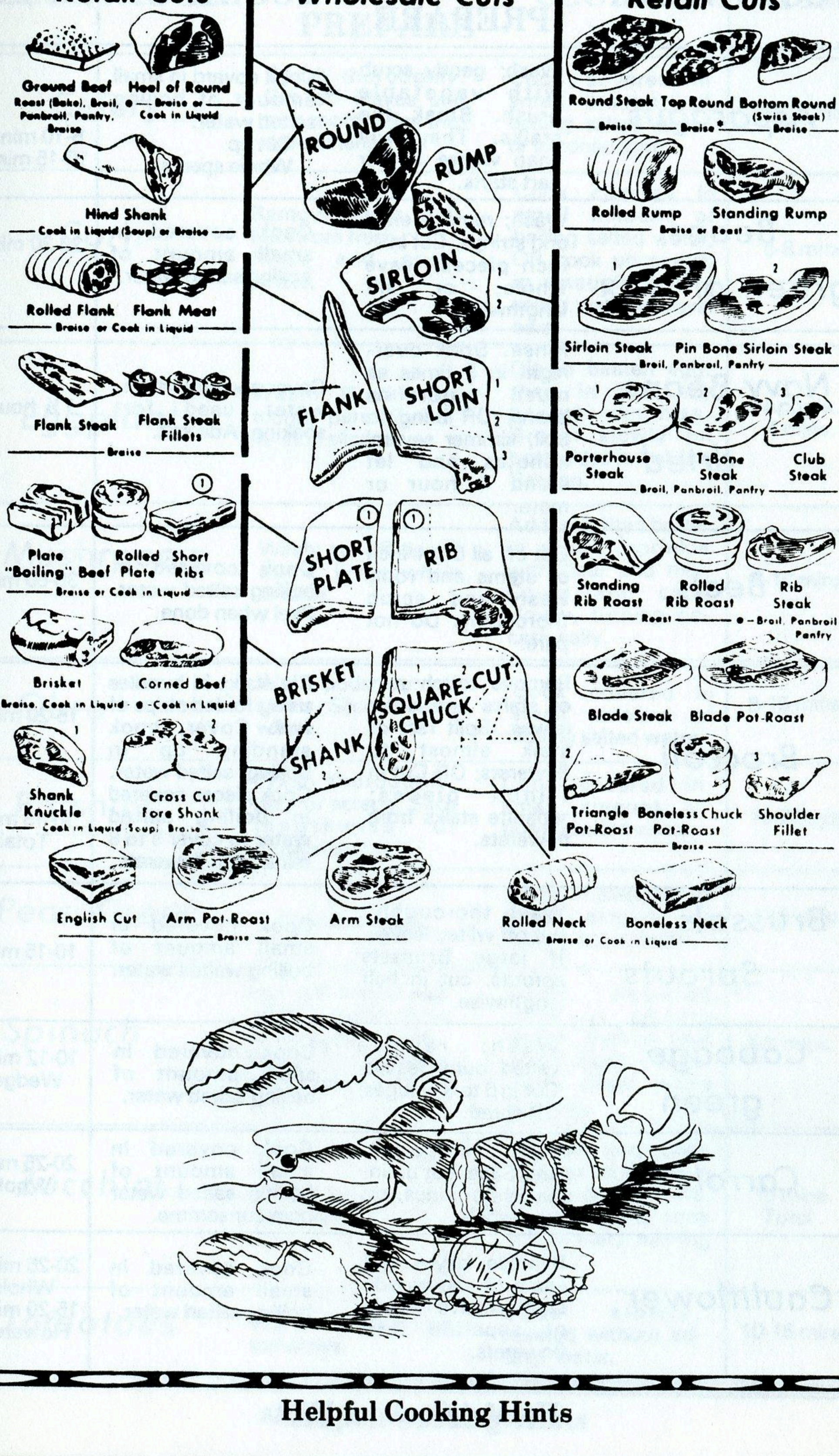
MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	**Chicken**		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART



Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	 8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak over-night in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:		
Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

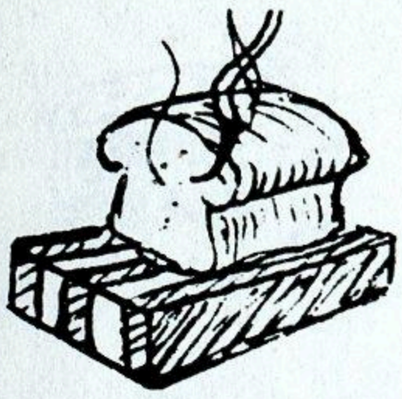
Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour
1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.
1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.
1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.
1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.
1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 /2 teaspoon baking soda.
1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.
1 whole egg .... 2 egg yolks for custards.
1 cup molasses .... 1 cup honey.
1 package active dry yeast .... 1 cake compressed yeast.
1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.
1 tablespoon prepared mustard .... 1 teaspoon dry mustard.



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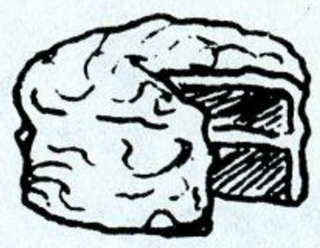

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